**A pink text with rays of light

Description automatically generated20 Minute Movement A to Z Social Media Planner**(Please share from 12th August onwards) **Please tag: @MyLivingWell1 and use #20MinMoveAtoZ**[**Download toolkit and images**](https://mylivingwell.co.uk/resources/toolkits/)

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| --- | --- | --- |
| **Platform** | **Message** | **Image** |
| Twitter | 📢 Living Well is excited to share a new A-Z of activities for their 20 Minute Movement! All activities are in #Bradford district. Most are free & suitable for all ages!  ✅ Get active & see how many you can tick off the list!  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphic Generic.jpg |
| Facebook | 📣Living Well is excited to share a new A-Z of activities as part of the 20 Minute Movement! All of the activities are in #Bradford district. Most of them are free and suitable for all ages!  ✅ Get active & see how many you can tick off the list!!  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphic Generic.jpg |
| Instagram | 📣Living Well is excited to share a new A-Z of activities as part of the 20 Minute Movement! All of the activities are in #Bradford district. Most of them are free and suitable for all ages!  ✅ Get active & see how many you can tick off the list!  www.mylivingwell.co.uk  #20MinMoveAtoZ #GetActive #PhysicalActivityIsFun #MoveMoreLiveBetter #MoveMore #HealthyLifestyle #HealthyLiving #HealthyLife #ActiveLifestyle #MoveYourBody #StayActive #PhysicalHealth  @MyLivingWell1 | 20MM A-Z Instagram Graphic Generic.jpg |
| Alt Text | A turquoise background with a diagonal pink section in the lower half. Join the 20 Minute Movement logo is in white is on the left with three white oblongs on the right. The letter A in black text is in the first oblong, TO is in black text in the the second oblong and Z in black text is in the third oblong. The oblongs are all at angle on the right hand side of the image. | |
| Twitter | 🔷 A is for Activity Finder  This portal can help you find physical activity options in your local area. Filter results by age/location/cost/ability/gender/time & more. There are free options too - something for everyone!  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics A.jpg |
| Facebook | 🔷 A is for Activity Finder  This portal can help you to find physical activity options in your local area. You can filter your results by age/location/cost/ability/gender/time of day and more. There are lots of free options too so there’s something for everyone! Give it a go!  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics A.jpg |
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| Alt Text | A screenshot of the portal website. The background shows City Hall in Bradford city centre. In the middle of the image in white text it says Getting Active, underneath in smaller text it says Find local physical activity opportunities. Under that there is a search box with a pink circle and a white magnifying icon inside. The search box shows Bradford selected as the area and All activities selected as the type of activity wanted. There is a large letter A in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Activity Finder | |
| Twitter | 🔷 B is for Bingley 5 Rise Locks  These are the steepest lock staircase in Britain with a total fall of 60 feet. Talk a walk or cycle along the canal and maybe call in for a cuppa ☕ at the 5 Rise Locks Café!  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics B.jpg |
| Facebook | 🔷 B is for Bingley 5 Rise Locks  These are the steepest lock staircase in Britain with a total fall of 60 feet. The locks open directly from one to another, with the top gate of one forming the bottom gate for the next. Talk a walk or cycle along the canal and maybe call in for a cuppa ☕ at the 5 Rise Locks Café!  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics B.jpg |
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| Alt Text | Photograph of the five Rise Locks in Bingley showing all five canal locks. There is a large letter B in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Bingley 5 Rise Locks | |
| Twitter | 🔷 C is for City Park  Bradford's brilliant award-winning public space featuring the Mirror Pool, the largest urban water feature in the UK! Children love playing in the fountains & water on a sunny day! 🌞  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 @CityPark | 20MM A-Z Twitter Graphics C.jpg |
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| Alt Text | Photograph of the fountains in City Park with City Hall in the background. There is a large letter C in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads City Park | |
| Twitter | 🔷 D is for Dog Walks  Take your dog 🐶(or go with a friend or neighbour who has one) and enjoy the fantastic countryside in #Bradford district. There's info on self-guided walking routes around the district on our website.  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics D.jpg |
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| Alt Text | Photograph of an older couple walking their dog along a path in a wooded area. There is a large letter D in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Dog Walks | |
| Twitter | 🔷 E is for Exercise  Join our 20 Minute Movement! Just 20 mins every day can benefit your physical & mental health! It’s never too late to start! No need for a gym or fancy trainers, it's easy & everyone can take part! 🚶‍♀️🚶  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics E.jpg |
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| Alt Text | Pink background with the 20 Minute Movement Logo in white in the centre. There is a large letter E in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Exercise – Join the 20 Minute Movement | |
| Twitter | 🔷 F is for Free Events & Activities  There's lots of fun things to do in #Bradford district. Find a fantastic range of free activities & events including live music, exciting exhibitions, beautiful walks & much more! 🖼️🎵  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics F.jpg |
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| Alt Text | Photograph of an event in a park. Inflatables and gazebos can be seen and lots of people enjoying the event. There is a large letter F in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Free Events and Activities | |
| Twitter | 🔷 G is for Green Line Miles  These 4 circular 1-mile paths are to inspire people to walk, jog, or run around #Bradford city centre. Look for green markers 🟢 at regular intervals in the ground & signs around each loop. 🚶‍♀️🚶  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics G.jpg |
| Facebook | 🔷 G is for Green Line Miles  These 4 circular paths are each one mile long and designed to inspire more people to walk, jog, or run around the city centre in Bradford. You can easily find them, just look for the distinctive green markers 🟢 placed at regularly intervals in the ground and signs placed at points around each loop. 🚶‍♀️🚶  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics G.jpg |
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| Alt Text | Photograph of one of the Green Line Mile signs that can be found in the city centre showing the map. There is a large letter G in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Green Line Miles | |
| Twitter | 🔷 H is for Haworth  Home of the famous Brontë sisters, visitors come from around the world to see the historic cobbled Main Street, Bronte parsonage, steam trains & rolling moors, it feels like you’ve stepped back in time! 📚  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics H.jpg |
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| Alt Text | Photograph of Haworth Main Street, looking uphill, showing the buildings either side and the cobbled road. There is a large letter H in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Haworth | |
| Twitter | 🔷 I is for Interactive Ilkley Trails  Download the Discover #Ilkley App and explore with interactive AR trails to discover the hidden history. These interactive trails are a fun experience for the whole family. 📱🎧  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics I.jpg |
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| Alt Text | Blue, green and turquoise background with the logo for Interactive Ilkley Trails which shows an outline of the famous cow and calf with white text reading Discover Ilkley. There is a large letter I in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Interactive Ilkey Trails | |
| Twitter | 🔷 J is for JU:MP @JoinUsMovePlay  JU:MP believes that children, young people & their families should have the opportunity to be a part of the JU:MP family and enjoy the benefits that movement & play brings. 🛝👪  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 @JoinUsMovePlay | 20MM A-Z Twitter Graphics J.jpg |
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| Alt Text | A green background with bouncy letters that say Join Us Move Play with arrows and exclamation marks around the words. There is a large letter J in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads JU:MP | |
| Twitter | 🔷 K is for Keighley Healthy Living  Providing groups & services for people wanting to improve their health & wellbeing, create new friendships and learn new skills. All activities are free (donations welcome).  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 @KHL\_Keighley | 20MM A-Z Twitter Graphics K.jpg |
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| Alt Text | A collage of photographs of people enjpying groups including a sitting activity class, a standing activity class, a group of people chatting and sitting on a wooden bench, two people playing scrabble and two girls smiling into the camera. There is a large letter K in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Keighley Healthy Living | |
| Twitter | 🔷 L is for Living Well  Find ways to improve you & your family’s health on the Living Well website. Sign up for a monthly newsletter for information about free services, events & campaigns for people in #Bradford district. 💙  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics L.jpg |
| Facebook | 🔷 L is for Living Well  Find ways to improve your & your family’s health on the Living Well website. Sign up for the monthly newsletter to get information about free services, events & campaigns for people in Bradford district. 💙  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics L.jpg |
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| Alt Text | Photograph of a group of people in a circle looking down and smiling into the camera. Diagonal pink strip underneath with white text that reads: Making it easier for everyone in Bradford district, to live healthier more active lives. There is a large letter L in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Living Well | |
| Twitter | 🔷 M is for Museums & Galleries  We have exciting museums & galleries in #Bradford district. From Cartwright Hall Art Gallery to Cliffe Castle Museum #Keighley there's always something new to do or see & admission is free! 🎨🖼️  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics M.jpg |
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| Alt Text | Photograph showing Cartwright Hall Art Gallery. There is a large letter M in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Museums and Galleries | |
| Twitter | 🔷 N is for NHS Fitness Videos  The NHS website offers free instructor-led exercise videos, including aerobic exercises, strength & resistance training, pilates and yoga. Try a class from the comfort of your home! 🧘‍♀️🧘🧘‍♂️  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics N.jpg |
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| Alt Text | Photograph showing a man and woman sitting in their living room recreating the moves shown by a woman on their TV, which is on the wall, showing an online exercise video. There is a large letter N in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads NHS Fitness Videos | |
| Twitter | 🔷 O is for Outdoor Fitness Equipment  Lots of our parks and greenspaces have outdoor fitness equipment that you can use for free! 💪 Please read and follow the instructions on each piece of equipment.  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics O.jpg |
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| Alt Text | Photograph of a woman using a chest press in a park. The equipment is yellow and black with instructions printed on the front. There is a large letter O in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Outdoor Fitness Equipment | |
| Twitter | 🔷 P is for Parks and Green Spaces  In #Bradford district we have lots of parks! From small community parks to parks bustling with wildlife, perfect for a walk or picnic. Some have historical monuments & architecture. 🌷🌳🚶  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics P.jpg |
| Facebook | 🔷 P is for Parks and Green Spaces  In Bradford district we are really lucky to have so many parks. From small community parks, ideal for a game of bowls or letting the kids burn energy in play areas, to larger spaces of natural beauty bustling with wildlife, perfect for a walk or picnic. Some parks have historical monuments and architecture. 🌷🌳🚶  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics P.jpg |
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| Alt Text | Photograph of Lister Park showing the boating lake with people enjoying boat rides. There is a large letter P in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Parks and Green Spaces | |
| Twitter | 🔷 Q is for Queensbury  Known for its rich industrial history it sits at one of the highest points in the area. The Great Northern Railway Trail is great for cycling & walking along with beautiful woodland walks in parks. 🌳🚶  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics Q.jpg |
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| Alt Text | Photograph show the entrance to a wooded parkland area with stone wall and pillars at the entrance. There is a large letter Q in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Queensbury | |
| Twitter | 🔷 R is for Recreation Grounds  In #Bradford district we have many multi-purpose recreational grounds that can be used free of charge for a range of outdoor sports across the district. 🏀⛹️‍♀️⛹️‍♂️🏌️‍♀️🏌️‍♂️  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics R.jpg |
| Facebook | 🔷 R is for Recreation Grounds  In Bradford district we have many multi-purpose recreational grounds that can be used free of charge for a range of outdoor sports across the district. 🏀⛹️‍♀️⛹️‍♂️🏌️‍♀️🏌️‍♂️  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics R.jpg |
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| Alt Text | Photograph of a basketball court with green fencing surrounding it. There is a large letter R in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Recreation Grounds. | |
| Twitter | 🔷 S is for Shipley Glen & Tramway  Woodland & rocks close to Saltaire great for family exploration! Also ride the #Shipley Glen Tramway for a small fare & visit the museum to learn about its history. 🚋  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics S.jpg |
| Facebook | 🔷 S is for Shipley Glen and Tramway  A sloped area of woodland and rocks close to Saltaire, great for an afternoon of exploration for the whole family! You can also ride the Shipley Glen Tramway Britain’s oldest working cable-hauled tramway up and down a steep wooded hill for a small fare and visit the museum at the bottom station where you can learn about its history. 🚋  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics S.jpg |
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| Alt Text | Photograph of people riding the Shipley Glen Tramway in a wooded area. The tram is open sided with a canopy over the top. It is mainly red with some yellow parts and a white star is on the front. There is a large letter S in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Shipley Glen and Tramway. | |
| Twitter | 🔷 T is for Tennis  Many of Bradford’s parks have tennis courts. You can bring your own equipment along and play with your friends and family for free! 🎾  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics T.jpg |
| Facebook | 🔷 T is for Tennis  Many of Bradford’s parks have tennis courts. You can bring your own equipment along and play with your friends and family for free! 🎾  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics T.jpg |
| Instagram | 🔷 T is for Tennis  Many of Bradford’s parks have tennis courts. You can bring your own equipment along and play with your friends and family for free! 🎾  www.mylivingwell.co.uk  #20MinMoveAtoZ #GetActive #PhysicalActivityIsFun #MoveMoreLiveBetter #MoveMore #HealthyLifestyle #HealthyLiving #HealthyLife #ActiveLifestyle #MoveYourBody #StayActive #PhysicalHealth  @MyLivingWell1 | 20MM A-Z Instagram Graphics T.jpg |
| Alt Text | Photograph of a tennis court painted blue and green with another court behind it in the background. There is a large letter T in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Tennis | |
| Twitter | 🔷 U is for University of Bradford  University of #Bradford run a series of events throughout the year to share and gain knowledge, bring communities together, and influence positive change. 🧑‍🎓🏫  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 @UniofBradford | 20MM A-Z Twitter Graphics U.jpg |
| Facebook | 🔷 U is for University of Bradford  University of #Bradford run a series of events throughout the year to share and gain knowledge, bring communities together, and influence positive change. 🧑‍🎓🏫  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 @UniversityofBradford | 20MM A-Z Facebook Graphics U.jpg |
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| Alt Text | Photograph outside the university showing a metal sign on the left that reads University of Bradford and a building on the right with a road in the centre. There is a large letter U in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads University of Bradford | |
| Twitter | 🔷 V is for Volunteering  Volunteering can be a good way to boost your wellbeing. It’s an exciting time for #Bradford and you could volunteer for the City of Culture 2025! 😊  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics V.jpg |
| Facebook | 🔷 V is for Volunteering  Volunteering can be a good way to boost your wellbeing. It’s an exciting time for #Bradford and you could volunteer for the City of Culture 2025! 😊  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics V.jpg |
| Instagram | 🔷 V is for Volunteering  Volunteering can be a good way to boost your wellbeing. It’s an exciting time for #Bradford and you could volunteer for the City of Culture 2025! 😊  www.mylivingwell.co.uk  #20MinMoveAtoZ #CityOfCulture #GetActive #PhysicalActivityIsFun #MoveMoreLiveBetter #MoveMore #HealthyLifestyle #HealthyLiving #HealthyLife #ActiveLifestyle #MoveYourBody #StayActive #PhysicalHealth | 20MM A-Z Instagram Graphics V.jpg |
| Alt Text | A striped background, yellow at the top, green in the middle and pink at the bottom with the Bradford City of Culture logo floating in the middle. There is a large letter V in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Volunteering | |
| Twitter | 🔷 W is for Walking  There are so many fabulous walks in Bradford district, from urban to rural, gentle to invigorating, there’s something for everyone. Arrange a walk with friends and family, take a picnic and explore! 🚶🚶‍♀️🚶‍♂️  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics W.jpg |
| Facebook | 🔷 W is for Walking  There are so many fabulous walks in Bradford district, from urban to rural, gentle to invigorating, there’s something for everyone. Arrange a walk with friends and family, take a picnic and explore! 🚶🚶‍♀️🚶‍♂️  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics W.jpg |
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| Alt Text | Photograph of a mixed group of people walking together along a path in a wooded area. There is a large letter W in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Walking | |
| Twitter | 🔷 X is for Xmas  Some of our villages including #Saltaire create real life advent calendars. Shops and local people display at least 1 new decorated window every day from 1st to 24th December!🎄  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics X.jpg |
| Facebook | 🔷 X is for Xmas  Some of our villages including #Saltaire create real life advent calendars. Shops and local people display at least 1 new decorated window every day from 1st to 24th December!🎄  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics X.jpg |
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| Alt Text | Photograph of a window decorated for Christmas with small white buildings with snow on the roofs, Christmas trees and silver stars dangling down. There is a large letter X in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Xmas Saltaire Advent Calendar | |
| Twitter | 🔷 Y is for Youth Centres  Take a walk to your local youth centre for physical activities like football, basketball, dodgeball & badminton. ⚽️🏸🏀🗑️ Openly accessible #Bradford youth clubs are open weekly.  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics Y.jpg |
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| Alt Text | Photograph of a group of young people sitting together chatting and smiling. One of them is holding a basketball. There is a large letter Y in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Youth Centres | |
| Twitter | 🔷 Z is for Zen Zen is about relaxing, not worrying about things you can't change. Being present in the moment, taking notice & being aware of your mind, body or surroundings. Try meditation, tai chi & breathing techniques. 🧘  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Twitter Graphics Z.jpg |
| Facebook | 🔷 Z is for Zen  Zen is about relaxing and not worrying about things that you can’t change. Mindfulness, being present in the moment, taking notice & being aware of your mind, body or surroundings. Try meditation, tai chi & breathing techniques. 🧘  <https://rb.gy/zx78dm>  #20MinMoveAtoZ @MyLivingWell1 | 20MM A-Z Facebook Graphics Z.jpg |
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| Alt Text | A photograph of a group of people sitting cross legged on the floor with their eyes closed practising meditation. There is a large letter Z in the top left hand of the picture and a turquoise block running acros the bottom with white text that reads Zen | |