

# What can I do to get moving?

## At work?

- Walk over to speak to someone rather than using email or phone where possible
- Take the stairs when you can
- Park further away, or get off the bus one stop earlier
- Walk around your building for a break during the work day or during lunch.

## At home

- Ditch the remote when watching TV in the evening.
- Take the dog for a walk – borrow one if you haven't got one!
- Make a commitment to walk with a family member or friend – and keep each other to it.
- Put on the radio or a music channel and dance!
- Work in the garden or mow the grass. Rake leaves, prune, dig and pick up rubbish.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

- Walk or bike to the corner shop instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- When watching TV, sit up instead of lying on the sofa. Could you do some simple exercise while watching TV?
- Instead of asking someone to bring you a drink, get up off the sofa and get it yourself.
- Check out charity shops and car boot sales for second hand exercise equipment and DVDs.
- Don't pay someone to wash your car or windows – do it yourself!
- Walk up and down stairs whenever you can – try going up and down five times at once.
- Is a friend busy looking after active children? Offer to help tire them out!

## Can't/won't exercise?

- Count lamp-posts to walk to– and increase your target and speed
- Meet a friend for a swim rather than coffee and cakes
- Used to enjoy dancing? Find out what dance clubs and groups meet locally.
- Find out what managed and supported walk programmes are in your area.

# For children

## On a budget

- Have a disco in the lounge with some of your CDs.
- Make an obstacle course indoors or out. Jump over jumpers and zigzag around shoes.
- Get a couple of yo-yos - great for getting your arms going!
- Have a catwalk at home and demonstrate your favourite clothes.
- Get skipping – skipping ropes are cheap and can be great exercise.
- Hide and seek – it's free and fun.
- Get an older family member to teach you the games they used to play.
- Have a race to see who can change their outfit the quickest.
- Play hide and seek.
- Play hopscotch outside.
- Make up a dance routine to a song.
- How long can you keep a hula-hoop going?
- Grab a broom or stick and have a go at limbo - how low can you go?
- Play catch with a ball.
- On grass, see how many times you can leap frog over each other.
- Starjumps – see who can do the most in a minute, whoever wins gets to choose what you play next.
- Can you hop on the spot for 10 minutes?

## Out and about/All day

- Fill a whole day with family Olympics - 3 legged races, egg & spoon, a sack race or a wheel barrow race. You could take a picnic, have a BBQ or even better team up with another family!
- Get on your bikes - taking the kids on a bike ride is heaps of fun and gives the heart and lungs a good work-out too.
- Go on a treasure hunt. Plan a route and take clues with you for the kids to guess and get them to lead you to the next stop. You could go via the playground or café, or use it as a good way of finding out about the area you live in.
- See what local activities are on. Look in local papers for summer and country fairs to go to.
- Take a bat and ball to some open green space and play rounders.

## Whatever the weather – ideas for wind, rain and snow

- When it's windy, fly a kite
- Catch the leaves – first one to 20 wins
- Run against the wind
- Have a snowball fight
- Make snowman or giant snowball
- Go sledging
- Play puddle jumping
- Dodge the raindrops