

Discover ways to **move more** in your everyday life



everydayactivekent.org.uk

Many of us have busy, stressful routines, but finding ways to move about more during our everyday lives can make a huge difference to our health and wellbeing.

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Regular physical activity can reduce your risk of:

Dementia by **30%**

Type 2 diabetes by **40%**

Colon cancer by **30%**

Breast cancer by **30%**

Hip fracture by **68%**

Depression by **68%**

Cardiovascular disease by **40%**

Source: www.gov.uk



There are lots of ways to move more in your everyday life, and you don't even need to change your regular routine to do it.

Every bit of movement that makes you breathe harder is good for you, so every little change you make will make a difference. It might feel hard at first, so start slow and build from there, and if you have a bad day, just try again tomorrow.

To start with, try to **move more three times a day**, for just two minutes at a time - just like your five-a-day of fruit and vegetables, this can be your three-a-day of moving more.

Your three-a-day should be made up of moves that make you breathe harder and your heart beat faster, along with moves that make your muscles ache just a little.



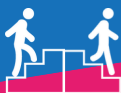
Turn over for some **three-a-day** activity ideas

Getting your **three-a-day**

You don't even need to change what you normally do – your three-a-day can fit right in around your everyday routine.

What can I do?

Walk up and down the stairs



Shadow boxing



Lift a tin of beans



Dance round the room



Lift a baby!



Stretch on tiptoes



Sit and stand



Stand on one leg



March with high knees



Find more ideas for moves you can do at everydayactivekent.org.uk

When can I do it?

Making a cuppa



TV ad break



At school pick up



Cooking dinner



Brushing your teeth



At your desk



Washing up



Checking social media



Folding the laundry



Use any spare moment to move more.

Once you feel more confident about moving more, **try adding another two-minute burst of activity into your day – the more you move, the better it is for you.**

If you're able to, **why not try adding a 10-minute walk to your day?** Walking is great for your health and can give you a few moments to yourself, to help clear your head.

For more tips and advice on how to get your three-a-day, visit everydayactivekent.org.uk and create your own plan for building more moves into your everyday life.

