

MOVEMENT FOR LIFE

Use it or lose it!

Daily movement is good for your body and mind!



"Walking the walk and talking the talk. We all move together, for improved physical and mental wellbeing"



WHAT TO DO?

Build movement into your day.

WHY DO IT?

Being active can boost your mood and help you feel good.

HOW TO DO IT?

Gardening, Housework, Walking, Strength & Balance Exercises, Dancing, Cycling and more.

WHAT'S YOUR MOVE?



Be active in a way you enjoy.
Any movement is good!



Moving more makes daily tasks easier and boosts your mood!



Being active can help you meet new people, have a chat and a laugh.



Being active today can help you sleep better tonight.



Strengthening your muscles & participating in balance exercises can support you to open jars, stand up from a chair and stay steady on your feet as you get older.



Move it or lose it!
Break up time spent being still.

HSC Public Health Agency
Project supported by the PHA

HSC Southern Health and Social Care Trust
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Age Friendly Network NI

Every Move Counts!

SCAN
HERE
TO FIND
OUT MORE

