

Make moving part of your day

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age.



Benefits of moving more

- Improves mobility
- Improves strength & balance
- Improves sleep
- Boosts your mood
- Make new friends
- Feel better
- Improves mental health & wellbeing
- Helps reduce stress

What you can do:



Every Move Counts

Move more
throughout the day

Break up
sitting time

Work on strength
& balance

Tips to support you to move more during your day

Make moving a priority with the following tips. Its never too late to start!!



Every Move Counts!

1

You are more likely to get active if you make it part of your daily routine



Try activities you enjoy and make it fun

2

3

Make it social – find a walking group or class



Start slowly and gradually build up. Add small movements to your day.

4

5

Track your progress and reward yourself



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