

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 illness including:

Dementia	Depression
Type 2 diabetes	Breast cancer
Cardiovascular disease	Hip fracture



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. It might feel hard at first, so start slowly and build from there. 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.



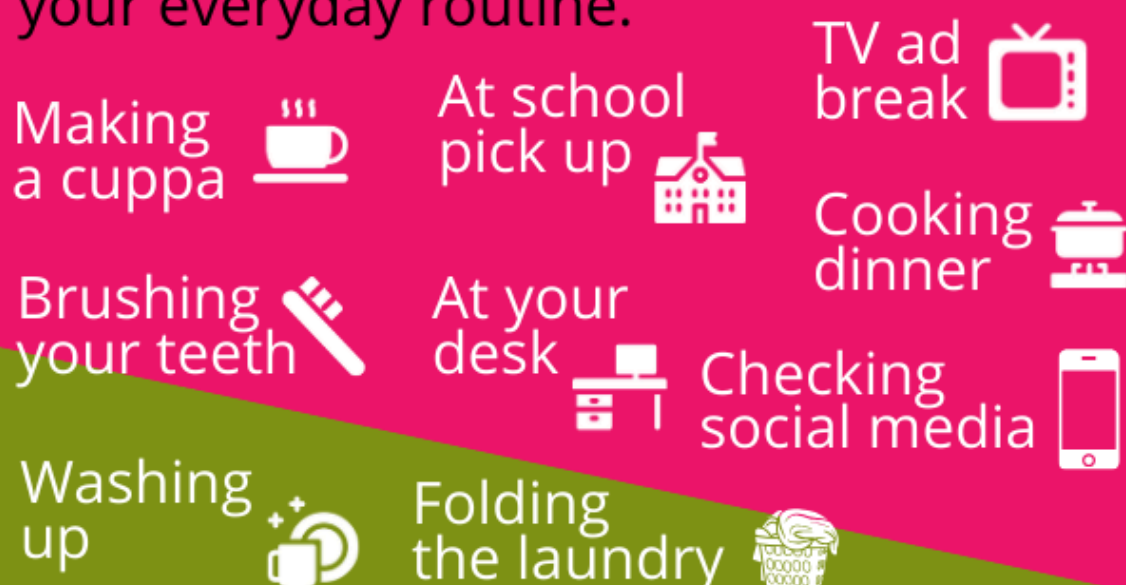
Turn over for some **three-a-day** activity ideas

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.

Some **three-a-day** activity ideas:



Your **three-a-day** can fit right in around your everyday routine.



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. Then try adding a 10-minute walk to your day. Every step, every move counts.

For more tips and advice on how to get your **three-a-day**, visit: everydayactivekent.org.uk

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