

# Movement Monday – Be Active



Physical activity can improve wellbeing, reduce anxiety and depression

- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity e.g. 30 minutes on at least 5 days a week

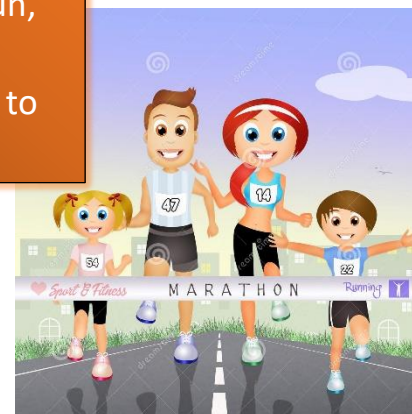
1

Go on a family bike ride. Plan a route together to decide how far you will go. Maybe pack a picnic and find a nice empty space to have your lunch.



2

Try a chocolate bar marathon. Decide on how far a distance there will be between getting each chocolate bar. Walk, run, ride a bike, scooter between each distance to get your chocolate bar.



3

Have a family game of hide n seek in the house and garden. What a great way to have fun together as a family.

