

LET'S GET MOVING

Being active might be easier than you think. Here are some things you could try to help you move more each day.



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WHY SHOULD YOU MOVE MORE?



TOP 3 TIPS

By following these tips, you'll soon be on your way to a happier, healthier you!

- 1 Find one way to move more every day**
- 2 Start slowly and build up gradually**
- 3 Remember, every movement matters**



active-charnwood.org

We are here to help:
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