

**ADULTS  
18 - 64 YEARS**

# MOVE MORE AND SIT LESS

Plenty of moving helps you



Physically



Mentally



Keeping you



Strong and fit



Relaxed



Healthy

Each week you need at least



OR



or a mix of both!



Including strength activities on  
**2 days** e.g. dancing or push ups

Tips for getting active



Sport or games



Gym or fitness sessions



Stretching activities like yoga

Each day you need to



At home and  
at work



Tips for less sitting



Move during TV ads



Stand more at work



Get off the bus early