






# Move for your mood

Moving for your mood means finding ways you can build movement into your day, and getting to know how it makes you feel.

Any way you decide to get moving counts. Whether it's stretching while making a cup of tea, meeting friends, or doing chores around the house, it all helps us move more!

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|  Go for a walk           |  Play games in the garden |
|  Make the bed           |  Yoga                    |
|  Go for a bike ride     |  2 minute beach clean    |
|  Do the hoovering       |  Go outside              |
|  Have a walking meeting |  Walk while on the phone |
|  Play with your pet     |  Play frisbee            |
|  Do the dusting         |  Do some gardening       |
|  30 second dance party  |  Stand up and stretch    |
|  Scavenger hunt         |  Take the stairs         |
|  Play hide and seek     |  Go swimming             |

How will you move for your mood?