

LimbPower #GetMoving #MoveMore at home



1 Clear your clutter

Don't wait until the weekend to clean your home; spend some time every day tidying up. Housework is good exercise!

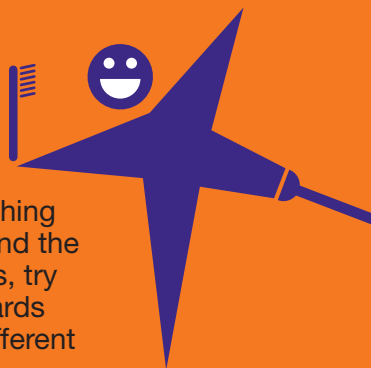


2 Get off the sofa

Use advertisement breaks as a chance to get off the sofa, stretch or move about. You could even play a game and touch as many objects as you can in the living room before your programme starts again.

3 Move More

Balance on one leg while brushing your teeth, when moving around the house don't just walk forwards, try sideways walking and backwards walking and pushing to get different muscles stronger.



4 Make your own cup of tea

Increase your independence by making your own tea and snacks, which will involve moving more.



5 One step at a time

Walking just two flights of stairs daily burns enough calories to lose six pounds in a year. Set yourself a daily goal starting with one flight of stairs. A typical staircase has 10 steps.



6 Get some fresh air

There is a link between levels of fitness and time spent outdoors, so get out more if you can. Think about short car journeys, can they be done on public transport or by walking? – save the environment and your health at the same time.

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