

# YOUR GUIDE TO BECOMING MORE ACTIVE

Look for activities in your local area #GetActive

- Activities**
- Group exercise
  - Historic House
  - Museum
  - Outdoor gym
  - Health walk
  - Cricket wicket
  - Play area
  - Golf
  - Tennis court
  - Skate ramp
  - Parkour
  - parkrun
  - Games area
  - Swimming pool
  - Boating/Rowing
  - Cycling
  - Green Gym
  - Leisure Centre

Discover a great range of local walks [force.org.uk/discover](http://force.org.uk/discover)

River Crane [cranevalley.org.uk](http://cranevalley.org.uk)

**ACTIVE 10** Get walking to a healthier you. Download the Active 10 app

Try planning your activities this week!  
Use Lena's example to help you...

LENA'S 'MOVE MORE' PLAN					
I will:	Go for a walk at lunch time	On: Mondays	At: 12.30pm	For: 10 mins	With: Janet
I will:	Meet Sue for a park jog and a cuppa	On: Saturdays	On: 10am	For: 30 mins	For: Sue

After a few weeks Lena added more activities...

I will: Increase walking to 20mins and book onto an outdoor exercise class

MY 'MOVE MORE' ACTIVITY PLANNER					
I will:		On:	At:	For:	With:
I will:		On:	At:	For:	With:
I will:		On:	At:	For:	With:
I will:		On:	At:	For:	With:
I will:		On:	At:	For:	With:
I will:		On:	At:	For:	With:
Gradually build up to 150 minutes per week. You can count activity that lasts 10 minutes or more!					
How many minutes have you been active this week <input type="text"/>					

- Looking for a new challenge? **WHY NOT...**
- Find a new local walk and take photos
  - Explore your local park
  - Try an activity you've not done before
  - Take a friend to an exercise class