



Let's Get Moving



**LET'S
GET
MOVING**

Topics we are going to cover

- CMO physical activity guidelines.
- Benefits of being active.
- How to be more active.
- Helping communities to be active.
- Active workplaces.

Mentimeter (1)

www.menti.com

Code: 2686 192

CMO Physical Activity Guidelines

HOW MUCH PHYSICAL ACTIVITY SHOULD ADULTS BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance activities on 2 days a week.

These are available for our partners to use and [can be downloaded](#). If you require these in a printable format, please contact us.

PHYSICAL ACTIVITY FOR ADULTS

LET'S GET MOVING

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6 key benefits of moving more:

- Improves mood
- Improves sleep
- Helps to maintain a healthy weight
- Builds new friendships
- Helps to reduce stress
- Improves quality of life

DO WHAT'S RIGHT FOR YOU

3 top tips

- Bitesize chunks**
Try to avoid long periods of inactivity
- Move more**
Remember, every movement matters
- Do what you enjoy**
Find something that makes you happy

GO! Turn over for activity ideas

EVERY MOVEMENT MATTERS

Build physical activity into your daily routine...

GREAT FOR LEISURE

- Join a local activity group
- Gardening
- Carry and unload the shopping bags
- Take the stairs

MOVE WITH YOUR FAMILY

- Visit a playground or park
- Go on a dog walk
- Dance to music
- Log movement on our 'Family Activity Tracker'

TRY THESE AT WORK

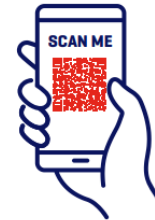
- Log movement on our 'Activity Tracker'
- Do some gentle stretches at your desk
- Have a walking meeting
- Walk or cycle to work

active-together.org/letsgetmoving

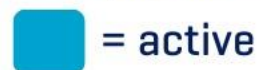
@ActiveLLR



ACTIVE TOGETHER



active-together.org/physical-activity-guidelines



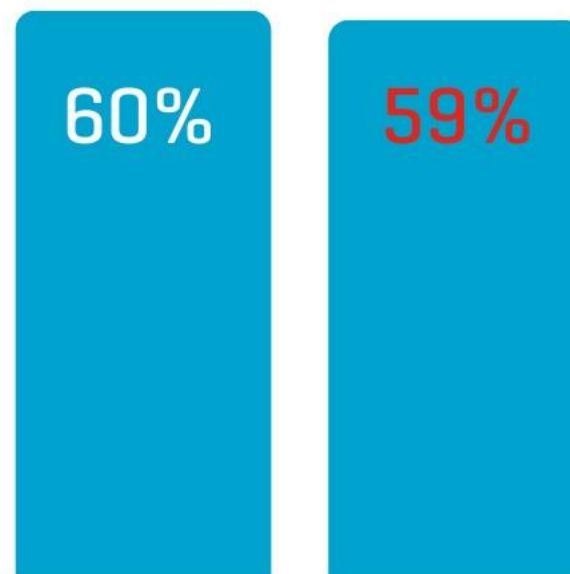
Levels of activity

Leicestershire, Leicester and Rutland


Men in Leicestershire, Leicester and Rutland are slightly more likely to be active than women.

*No LLR data for 'in another way'

Gender

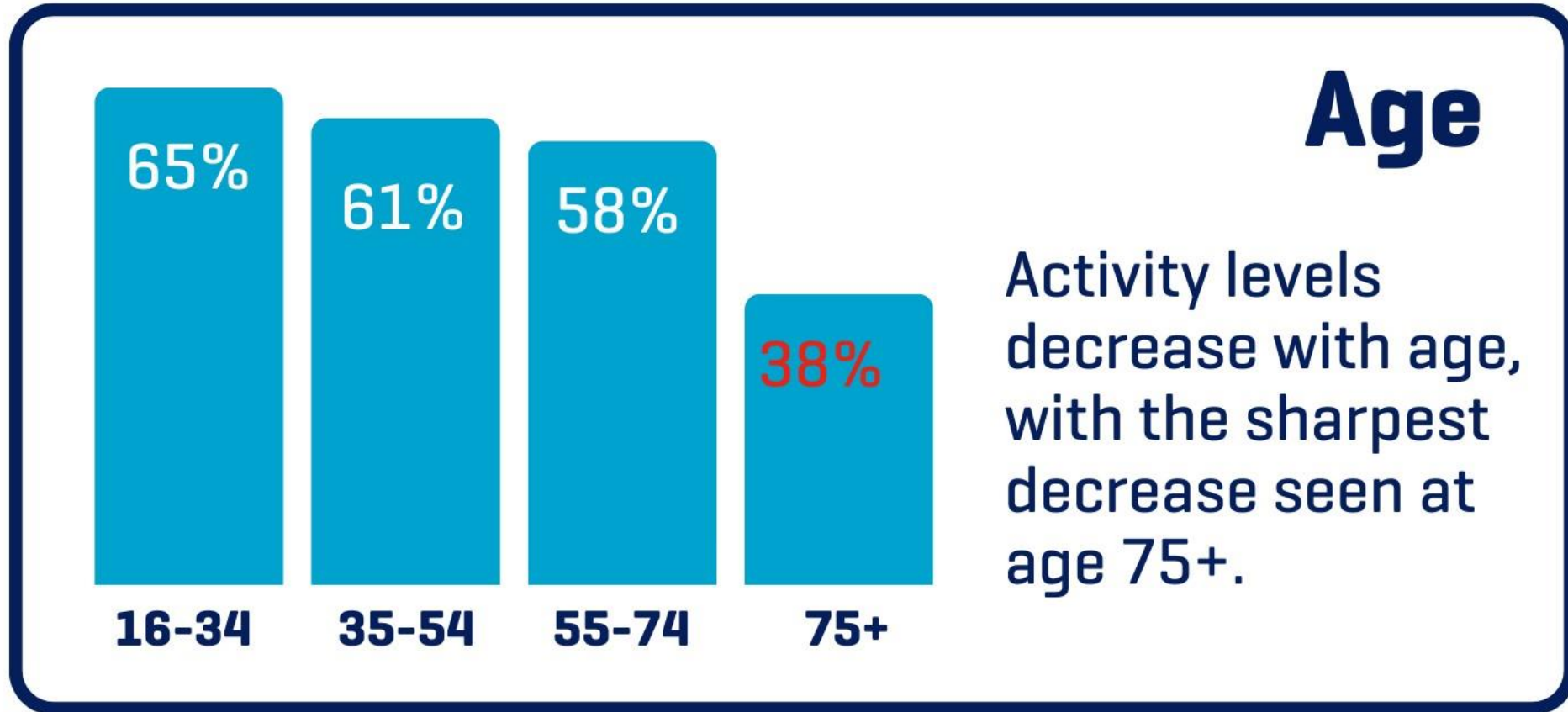


Sport England Adult Active
Lives Survey November 21/22

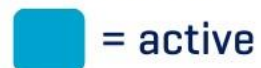
 = active

Levels of activity

Leicestershire, Leicester and Rutland

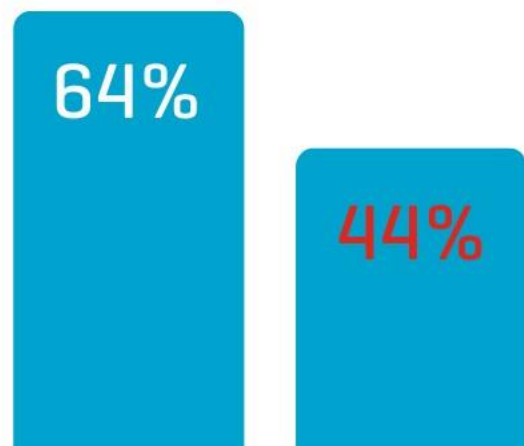


*active = 150+ minutes of physical activity a week




Levels of activity

Leicestershire, Leicester and Rutland



Disability and long-term health conditions

Activity is less common for adults in Leicestershire, Leicester and Rutland with a long term health condition or disability than those without.

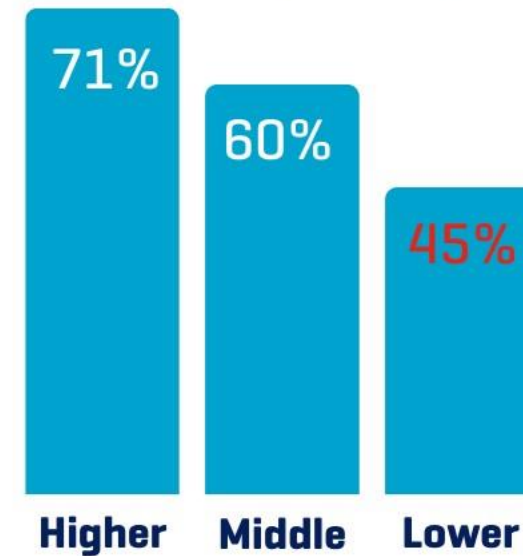
 = active

Levels of activity


Leicestershire, Leicester and Rutland

Socio-economic groups

Those from lower socio-economic groups in Leicestershire, Leicester and Rutland are the least likely to be active [45%].

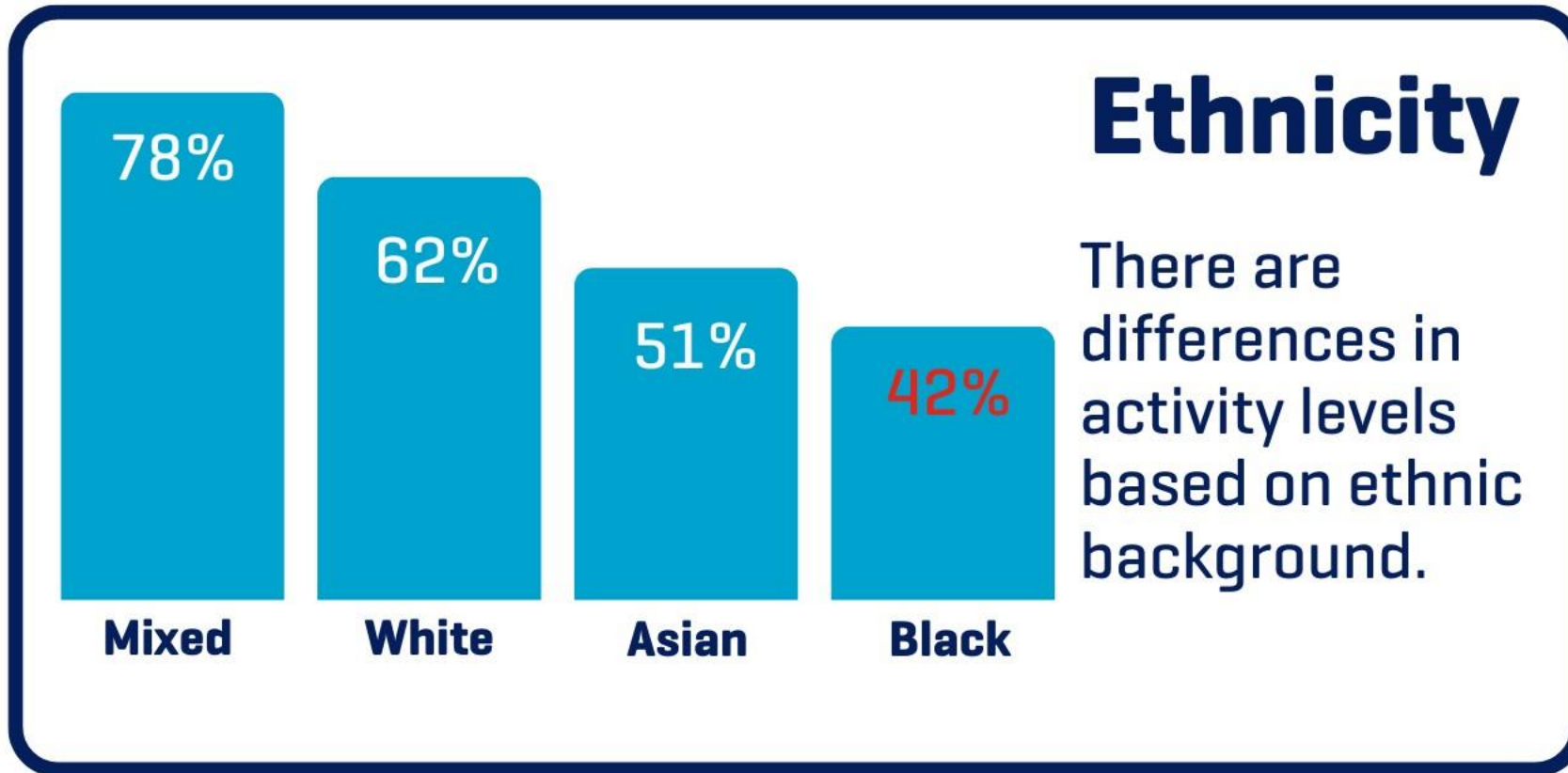


*active = 150+ minutes of physical activity a week

 = active

Levels of activity

Leicestershire, Leicester and Rutland



*active = 150+ minutes of physical activity a week

Who are Active Together?

- Local Active Partnership for Leicestershire, Leicester & Rutland
- Active Partnerships have been set up as the delivery system for sport and PA to ensure national resources have local reach
- Active Together is here to make physical activity and sport more accessible and part of our everyday lives.
- Partnership working
- Programmes from Early Years to older adults



LET'S GET MOVING

Let's Get Moving

LET'S GET MOVING

Aims to motivate you, me and every resident across Leicestershire, Leicester & Rutland to move more.

- Simple, consistent message to promote moving more
- Opportunities to be active within Leicestershire, Leicester and Rutland



What are the benefits of being active?

- Improves mood and sleep
- Relieve stress
- Improves confidence and self-esteem
- Broadens social networks
- Helps to maintain a healthy weight
- Improves strength and balance
- Reduce the likelihood of many short- and long-term medical conditions, including type 2 diabetes, cardiac issues and even some cancers.
- Improve your ability to do everyday activities



Supporting you to move more

- Complete a short contact form to **receive personalised support to move more.**
- Get Active Search Engine, enables you to find local open spaces, clubs, community groups and their activity sessions, near you

**WAYS TO MOVE MORE ACROSS
LEICESTERSHIRE, LEICESTER & RUTLAND**

Community Classes

Health Walks

Active at Home

**Steady Steps
[Falls Prevention]**

Signposting to Local Opportunities

Supported Leisure Centre Schemes

ACTIVE TOGETHER

Active Blaby
A healthy, proactive Blaby District

active CHARNWOOD

ACTIVE TOGETHER HARBOROUGH

active HINCKLEY & BOSWORTH

ACTIVE Leicestershire and Rutland

Active Rutland

MELTON SPORT & HEALTH

North West Leicestershire District Council
#LetsGetMoving

Getting your residents active: How you can help?

'Let's Get Moving' Strapline and assets with the Supporter's Hub

- Healthy Spring - Toolkit and Assets
- Champions - Toolkit and Assets
- Themed/Seasonal - Social Media Content
- Flyer & Social Media Templates
- Physical Activity Guidelines - localised leaflets
- Health Campaigns Calendar - Assets & Social Media Content

Local Programmes

Signposting



WHY SHOULD YOU MOVE MORE?

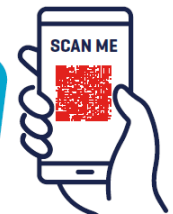


TOP 3 TIPS

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

- 1 FIND ONE WAY TO MOVE MORE EVERYDAY
- 2 START SLOWLY AND BUILD UP GRADUALLY
- 3 REMEMBER, EVERY MOVEMENT MATTERS

IF YOU NEED MORE SUPPORT WE'RE HERE TO HELP!
active-together.org/letsgetmoving



Active workplaces

Find easy ways to be active during the working day, or as a social activity after work with your colleagues.

Top Tips for Staying Active at Work

- Park your car further from the office so that you walk for longer.
- Organise for you and your colleagues to go for a walk at lunchtime.
- Take the stairs rather than the escalator/lift. You increase your heart rate and burn more calories!
- Set mini-challenges with your colleagues.
- Do some Deskercise!

Resources

DAILY ACTIVITY DIARY



It can be hard to plan activity around a busy working day but making time for movement can improve your concentration, productivity and energy levels.

- Plan your activity for the week by using this simple activity planner.
- Remember aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation. Aim for strength and balance activities on 2 days a week.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Work				Cycle to work			Swimming
Lunch Break		Walk to supermarket			Lunchtime walk		
After Work						Pilates class	
Movement Breaks	Stand during afternoon meeting		Desk stretches				

You don't need to fill every box, but try to schedule short movement breaks throughout the day. Remember, every movement matters



MY PHYSICAL ACTIVITY CHECKLIST

WEEK COMMENCING:

My physical activity goals for this week:

Remember to try to make your goals SMART: specific, measurable, attainable, relevant and time-based

I plan to reach by goals by:

Time to reflect...

My biggest achievement this week...

One thing to work on for next week...



active-together.org/active-workplaces



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Keep up to date

Keep up to Date

Sign up for regular newsletters and updates

Name:

Email Address:

Select the newsletter list(s) you would like to subscribe to. You can unsubscribe at any time.

<input checked="" type="checkbox"/> 'Let's Get Moving' Newsletter	<input checked="" type="checkbox"/> Clubs & Funding Newsletter
<input checked="" type="checkbox"/> Active Mums Club Newsletter	<input checked="" type="checkbox"/> Early Years Physical Activity Newsletter
<input checked="" type="checkbox"/> Active Together Partner Newsletter	<input checked="" type="checkbox"/> Run Together Newsletter
<input checked="" type="checkbox"/> Business of Sport Newsletter	<input checked="" type="checkbox"/> This Girl Can Newsletter

SIGN UP

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