

31 DAYS OF MOVEMENT CHALLENGE

FOCUS ON MOVING MORE FOR MENTAL HEALTH



DAY 1

PLAY YOUR FAVOURITE SONG AND DANCE LIKE NOBODY IS WATCHING

DAY 2

TAKE THE STAIRS INSTEAD OF THE LIFT

DAY 3

INCORPORATE SOME DESK EXERCISES INTO YOUR WORKING DAY

DAY 4

FIT IN A 10 MINUTE WALK TO YOUR DAY

DAY 5

ESTABLISH A MORNING ROUTINE THAT ENERGIZES YOU

DAY 6

SCHEDULE 5 MINUTE BREAKS EVERY TWO HOURS TO WALK AROUND YOUR WORKPLACE OR HOME

DAY 7

GET OUTSIDE FOR A 20 MINUTE WALK

DAY 8

PRACTICE YOGA OR GENTLE STRETCHING

DAY 9

LITTER PICKING IN YOUR LOCAL PARK

DAY 10

TRY AND HIT AT LEAST 6K STEPS TODAY

DAY 11

MARCH IN PLACE WHILST BRUSHING YOUR TEETH

DAY 12

USE FULL BAGS OF GROCERIES TO DO BICEP CURLS DURING OR AFTER SHOPPING

DAY 13

KEEP MOVING FOR AT LEAST 10 MINUTES

DAY 14

WALK THE DOG OR TAKE A FRIENDS OR FAMILY MEMBERS OUT INSTEAD

DAY 15

ON YOUR BIKE - TRY A 30 MINUTE RIDE

DAY 16

MIX UP YOUR MORNING ROUTINE

DAY 17

CLEANING COUNTS! GET THAT HOOVER AND MOP OUT

DAY 18

DOWNLOAD A FREE TREASURE HUNT AND DISCOVER SOME WHERE NEW NEARBY

DAY 19

EXPLORE A NEW RELAXATION METHOD LIKE PROGRESSIVE MUSCLE RELAXATION

DAY 20

WALK TO THE SHOPS RATHER THAN TAKE THE CAR

DAY 21

STAND UP & STRETCH AT LEAST ONCE A DAY

DAY 22

DURING TV TIME, MARCH IN PLACE WHILE YOUR SHOW IS IN COMMERCIAL BREAKS

DAY 23

JOIN AN ONLINE EXERCISE CLASS

DAY 24

PARK YOUR CAR AS FAR AS POSSIBLE FROM YOUR DESTINATIONS

DAY 25

SPRING CLEAN, SPEND 30 MINUTES DECLUTTERING A ROOM

DAY 26

WALK TO YOUR COLLEAGUES' DESKS FOR AN ENTIRE WORKDAY INSTEAD OF CALLING OR EMAILING THEM

DAY 27

TRY A 15 MINUTE POWER WALK

DAY 28

WALK AROUND WHILE CHATTING ON THE PHONE

DAY 29

GET THOSE FINGERS GREEN AND SPEND 30 MINUTES GARDENING

DAY 30

IF YOUR FEELING BRAVE DOWNLOAD AND START THE NHS COUCH TO 5K APP/CHALLENGE

DAY 31

CELEBRATE A JOB WELL DONE! AND KEEP MOVING

