



RECHARGE

HOW TO **MOVE** FOR **A HEALTHY BRAIN & BODY**

RECAP FROM TODAY'S SESSION

Mindset: "movement, activity and play" rather than "exercise"

Move more like our ancestors did

Lack of movement is slowly killing you, even if you exercise/lift weights

Closing your lifestyle gap: move to undo the harm from our modern day lifestyle

Avoid overtraining

TOP TIPS

STAND

Aim: Stand for at least 1/2 the day

Aim: 2 minute standing break every 25 - 30 minutes

- Use a standing desk
- Use a balance disk
- Use a yoga ball
- Use a reminder app to stand

WALK/MOVE

Aim: 10,000 steps/day

Aim: As much light activity as possible

- Walk and talk
- Run on spot, do push ups, squatting position in your break
- Gardening
- Go outside
- Do laundry
- Use stairs
- Use a reminder app to move

PUSH

Aim: One or a combination of Moderate, Vigorous, and/or Maximum intensity

- 150 mins Moderate (50-70%)
eg jogging, yoga
- 75 mins Vigorous (70-90%)
eg running, sport
- 30 mins Maximum (100%)
eg sprinting, skipping rope, resistance training

MINDSET FOR BEHAVIOUR CHANGE

WHAT IS YOUR 'WHY'?

More movement and being more active is important for me because it would enable me to ... (write your answer in this box)

MY ONE ALMOST-IMPOSSIBLY-SMALL NEXT STEP

Fill in the boxes below with one action you'll take.

I will... (write down what action you will take in this box)

for... (write down when / time frame / frequency you will take action in this box)

and will use... (write down who or what resources (apps, journals) you will use in this box)

Be **SMART** with your next step
(Specific, Measurable, Achievable,
Relevant, Time-Bound)

Adopt an **experimental mindset**: "failure
is information".
Ask: "what did you learn when things
didn't turn out as planned"?

Celebrate: call out your positive
wins no matter how small