

HOW CAN YOU GET ACTIVE...

Active in Work



For example:

- Active travel to and from work
- Active lunchtime breaks
- Taking the stairs rather than the lift

Active Living



Household Tasks and Hobbies

For example:

- Gardening
- DIY



Opportunist Activity

For example:

- Carrying shopping
- Take the stairs rather than the lift



Active Travel

For example:

- Walking or cycling instead of taking the car

Active through Play



This could be organised or unstructured

Active in your Free Time



For example:

- Walking
- Cycling
- Exercise Classes
- Dance
- Swimming
- Outdoor Pursuits

Active through Sport



Recreational Sport

For example:

- Pay and Play activities
- 'Street Sports'



Formal Sport

Regular Commitment and/or Performance Excellence