



Moving for your mood means finding ways you can build movement into your day, and getting to know how it makes you feel.

Any way you decide to get moving counts. Whether it's stretching while making a cup of tea, meeting friends, or doing chores around the house, it all helps us move more!

**Here are some ways you, and the people around you can move for your mood!**

- ✿ Go for a walk
- ✿ Make the bed
- ✿ Go for a bike ride
- ✿ Do the hoovering
- ✿ Have a walking meeting
- ✿ Play with your pet
- ✿ Get the dusting done
- ✿ 30 second dance party
- ✿ Scavenger hunt
- ✿ Play hide and seek
- ✿ Build a den
- ✿ Do some gardening
- ✿ Stand up and Stretch
- ✿ Park far away from the shop
- ✿ Take the stairs
- ✿ Go swimming
- ✿ Play frisbee
- ✿ Play games in the garden
- ✿ Yoga
- ✿ 2 minute beach clean
- ✿ Go outside
- ✿ Join an exercise class
- ✿ Walk while on the phone