



# 30 Day Moving Challenge - 30 Ways To Move

<b>5 Mins/Hour</b>	<b>Before Work</b>	<b>Less Efficient More Effective</b>	<b>Moving Plans</b>	<b>Coffee Walks</b>
<b>Bathroom Moves</b>	<b>Office Walks</b>	<b>Take Stairs</b>	<b>Timer/Alarm</b>	<b>Garden Moves</b>
<b>Dog Walks</b>	<b>Meeting Walks</b>	<b>Kitchen Moves</b>	<b>Sticky Notes</b>	<b>Park Car Further Away</b>
<b>Call Friend</b>	<b>Lunch Break</b>	<b>Mobile Walks</b>	<b>Track Steps</b>	<b>Park &amp; Walk</b>
<b>Creative Moves</b>	<b>Distant Bathroom</b>	<b>Aisle Walks</b>	<b>Household Chores</b>	<b>Leave Car Behind</b>
<b>Save Fares</b>	<b>After Work</b>	<b>Dance Moves</b>	<b>Music Moves</b>	<b>TV Ads</b>

## Forever Young Club - 30 Ways To Move Explained

- **5 Mins/Hour:** get up and move for 5 minutes/hour!
- **Bathroom Moves:** move around in bathroom e.g. wash teeth, brush hair!
- **Dog Walks:** walk the dog more than once!
- **Call Friend:** call a friend and walk!
- **Creative Moves:** create opportunities to move in your life!
- **Save Fares:** Get off a stop early, walk and save your fare!
- **Before Work:** walk for 5/10 minutes before work!
- **Office Walks:** get up and walk when you can at work!
- **Meeting Walks:** plan walking meetings where possible!
- **Lunch Breaks:** walk for 10/15 minutes at lunchtime!
- **Distant Bathroom:** Go to the one furthest away!
- **After Work:** walk for 5/10 minutes after work!
- **Less Efficient, More Effective:** less efficient tasks = more effective moving!
- **Take Stairs:** Always take the stairs; no more lifts or elevators!
- **Kitchen Moves:** Move around and don't watch kettle boil!
- **Mobile Walks:** Get up and walk when making or receiving a call
- **Aisle Walks:** Walk up and down the aisles when shopping!
- **Dance Moves:** Why walk when you can dance!
- **Moving Plans:** When you plan to move, you will!
- **Timer/Alarm:** Use technology to remind you to move!
- **Sticky Notes:** The old fashioned way works too!
- **Track Steps:** When you keep track you do more!
- **Household Chores:** See these as an opportunity to move!
- **Music Moves:** Listen to music and move!
- **Coffee Walks:** Get a takeaway and walk!
- **Garden Moves:** Get out and move in the garden, if you can!
- **Park Car Further Away:** In car parks and parking lots!
- **Park & Walk:** Park the car and walk!
- **Leave Car Behind:** Bring a small backpack with you!
- **TV Ads:** Get up and move when the ads are on!