

MOVE

your way

13-19 May



Movement tracker



This Mental Health Awareness Week, we're encouraging you to Move Your Way towards better mental health. We know that being physically active is great for our bodies and minds, yet barriers to being physically active still exist, from lack of accessibility to money and time.

That's why we're encouraging you to choose movements that work for you, your ability and daily needs. We've created this movement tracker so you can write down the different ways you've moved during the week. **Stuck on how to get moving? We've listed some examples on the right.**

At home:

- Take a longer, more scenic route next time you are walking to the shops
- Stretch or move about during tv adverts.

At work:

- Walk or cycle to work instead of driving
- Make your next meeting a walking meeting to promote getting out and moving.

At school:

- Incorporate a game at lunchtime that gets you moving
- For teachers: Encourage 'movement breaks' during class.

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|-----|-----|-----|-----|-----|-----|
| Write down how you moved today | | | | | | |
| | | | | | | |
| How does this movement make you feel mentally healthier? | | | | | | |
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Found a creative movement? Post it on social media and tag us!
 Want to learn more about the benefits of movement for your mental health? Scan the QR code or head to [mentalhealth-uk.org/mental-health-awareness-week](https://www.mentalhealth-uk.org/mental-health-awareness-week)