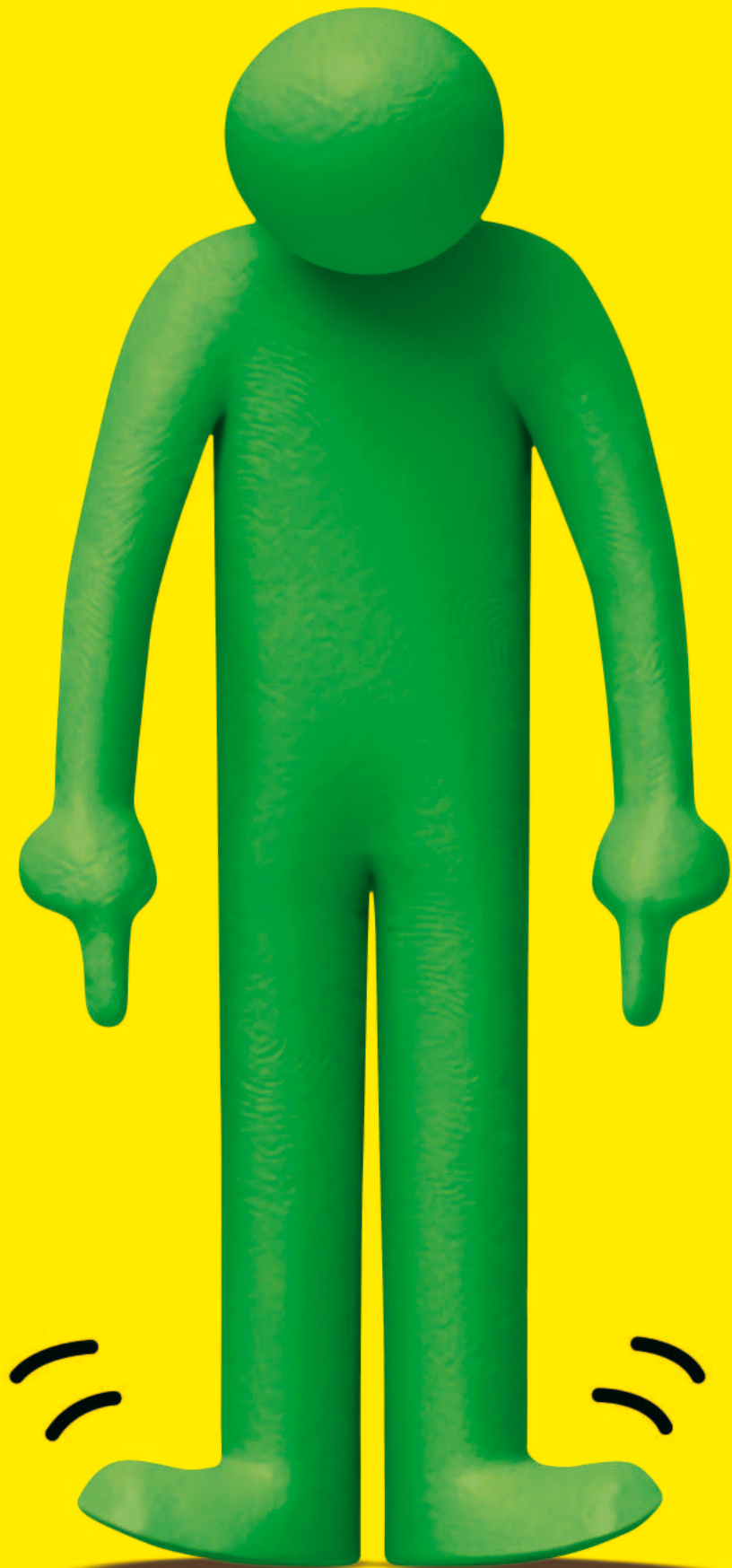
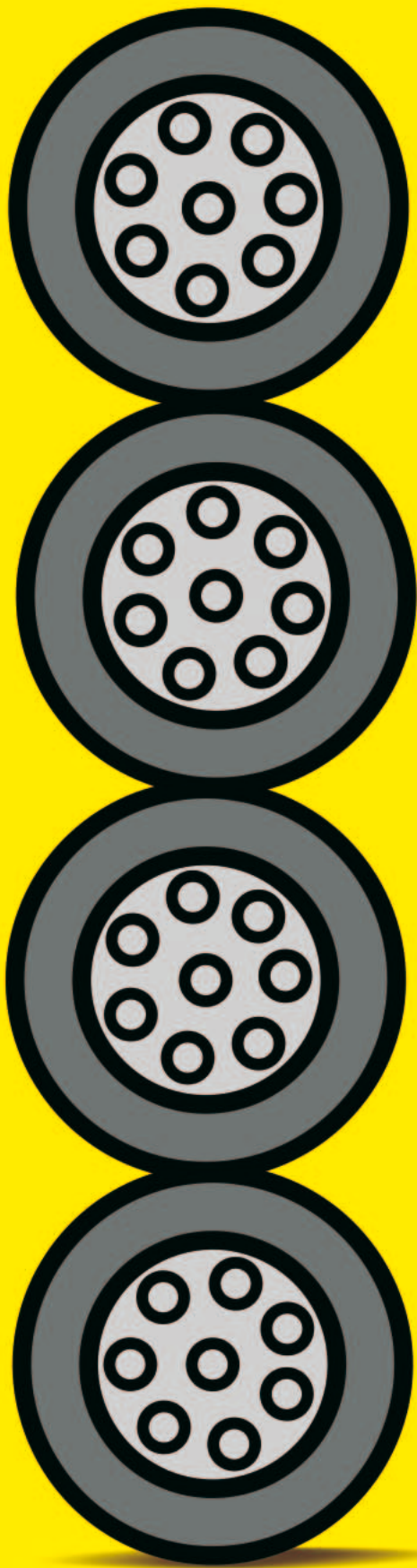


# swaps to get you up & about

Try swapping 4 wheels for 2 feet



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# swaps to get you up & about

Building activity into your day gives you more energy, strengthens joints and can help you feel better about yourself. It can be fun too! All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity, 5 times a week. Try to get your heart beating faster and your lungs working a bit harder for at least 10 minutes at a time.

Here are some ideas to help you build activity into your day your way:

## 1. Travel swap

Swapping your usual bus or car journey to work for walking or cycling is a great way to build up to 5 x 30 minutes of moderate activity a week. Or maybe you could walk to the shops or to pick up your daily paper.

## 2. Sitting down swap

If you spend a lot of time sitting down, whether at work, travelling or at home, try to find active alternatives. Take the stairs whenever possible, park the car further away from where you're going or get off the bus a stop early.

## 3. Hobby swap

Swap time on the sofa for an active hobby – something that will give you some 'me time' and help you build up to being more active in your leisure time.

Dancing, cycling or gardening maybe?

## 4. Screen swap

We all need time to relax, but be aware of when you've been sitting down for a long time, whether it's watching the television or on the computer and get up, stretch your legs and find something active to do for ten minutes.