

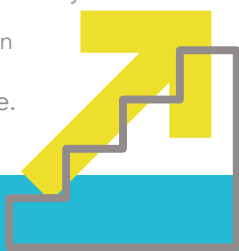
FIND MOVEMENT THAT WORKS FOR YOU

WE ARE
UNDEFEATABLE

Being more active can help make you healthier and happier.

We understand that how you feel can change from day to day. So we have come up with some ideas to help you move in ways that work for you.

Read on and find out how even small increases in physical activity can make a difference.



Move more

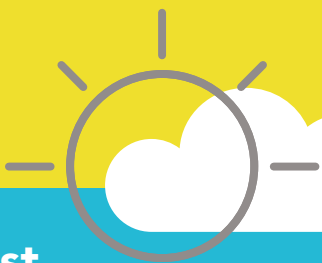
However you choose to move, it's all good for your health and wellbeing.

Try building activity into your day, like taking the stairs and walking more. Or try out different activities, like swimming, cycling, Pilates or using an app such as the free Active 10 app. A brisk 10 minute walk is a great way to improve your health. Download the free Active 10 app to track how much brisk walking you're doing and how you can do more.

Do activities you enjoy

Doing something that you enjoy means you're far more likely to keep doing it, so try a few activities until you find the right thing for you.

Moving more with friends, family members and others can also help make it more fun!



Make the most of good days

Each day, listen to your body and do what feels comfortable for you.

On your good days, do a little more where you feel you can.

On 'down' days, you may need to do less. Small amounts of activity all add up.

Make a plan

Lots of people find it helpful to make a plan covering things like:

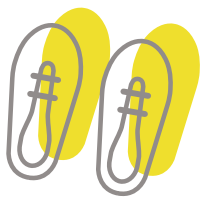
- How, when, and where you'll get active to fit in with your everyday life
- How you'll deal with bumps in the road or if things don't go to plan

Find inspiration to help with your planning at [WeAreUndefeatable.co.uk](https://www.WeAreUndefeatable.co.uk)

Start slowly and build up

When moving more, you may feel warmer or even slightly breathless. You might also find that your muscles and joints get a little sore a day or two afterwards.

This is normal, but you can help avoid this by starting slowly and gradually increasing the length and intensity of your activity. For more structured activities, including a warm up and cool down can also help.



What do I need?

You don't need any special kit or equipment to get moving but we recommend you wear something comfortable.

For some activities, wearing supportive footwear can help you feel more comfortable and safe.



Need some advice?

Interested in getting active? Mention it to your healthcare professional during your appointment.

You should stop and seek medical advice if:

- you start to feel unwell or dizzy
- the symptoms of your condition change or worsen
- you are experiencing palpitations when you are active



Want more information?

Being more active can be a challenge. But through the ups and the downs, we're ready to help.

For inspiration and tips on how to make moving more work for you, visit [WeAreUndefeatable.co.uk](https://www.WeAreUndefeatable.co.uk)

