

# LET'S GET MOVING

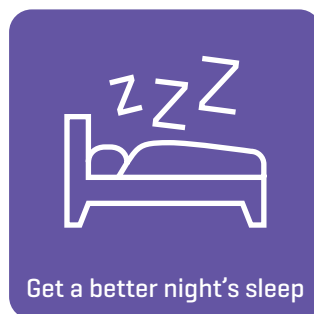
Being active might be easier than you think. Here are some things you could try to help you move more each day.



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## WHY SHOULD YOU MOVE MORE?



## TOP 3 TIPS

By following these tips, you'll soon be on your way to a happier, healthier you!

- 1 FIND ONE WAY TO MOVE MORE EVERYDAY**
- 2 START SLOWLY AND BUILD UP GRADUALLY**
- 3 REMEMBER, EVERY MOVEMENT MATTERS**

**IF YOU NEED MORE SUPPORT WE'RE HERE TO HELP!**

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