

## 2. HOW TO GET MOVING

After this challenge, you'll know fun, easy ways to stay active, anytime, anywhere, with or without gear. No gym? No problem! You've got options.

### CHALLENGES

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**#1.**

(45 MIN)



Watch this short VIDEO:

**"Anyone can play sport," disability sports coach Paul - Londoner #234"**

[https://www.youtube.com/watch?v=WE8TDICKmUY&ab\\_channel=1000Londoners](https://www.youtube.com/watch?v=WE8TDICKmUY&ab_channel=1000Londoners)

1. Write down your doubts and fears about being physically active.
2. What do you think is possible for you regarding physical activity?  
(What activities are within your reach? How often/when and where could you be physically active?)
3. Microdosis challenge: Reflect on every movement you do during the day. They sum up and in the end you possibly have been moving a lot more than you think. You can do it!

Some examples of microdoses are:

- Picking up books
- (Vacuum) cleaning
- Walking from class to class or from office to canteen

Write down all your microdoses!



**Be active**

**Be well**



**PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!**



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## #2.

(2-5 days)



Search for an activity you like and which is within your abilities in your neighbourhood (which suits your earlier mentioned possibilities).

Write this down.

- This could be done by internet research, talking with friends/family/teachers/coaches, asking on an online social media platform, etc.
- Don't be too hard on yourself. Make it easy and simple, pick an activity that is fun and something that you can do easily and preferably every day or a few times a week.

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## #3.

(10 days)



Each day for the next 10 days, take 1-5 minutes to imagine yourself doing your preferred physician activity — getting ready for it, doing it, and finishing up.

Pick a time to do your visualization so it becomes a habit. Like, 'When my alarm goes off in the morning, I'll sit up in bed and spend 5 minutes imagining myself doing my favorite physical activity.'

*"Science shows that even small movements—like walking, cleaning, or stretching—boost your brain, mood, and energy, proving that every step counts toward a healthier, happier you."*



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**Be well**



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