

# 3. MOVE WITH WHAT YOU'VE GOT

By the end of this challenge, you'll know how to stay active with what you've got—no gear, no stress. Whether it's dancing, biking, or stretching between study breaks, you'll make movement work your way

## CHALLENGES

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**#1.**

(20 MIN)



What resources (time, money, suitable place, etc.) do you need to be physically active?

**Write down**

1. The resources you already have.
2. The resources you need.
3. What is holding you back to be physically active. If you wrote down money, location, or time: Go to the corresponding specific subchallenge at #2.



**Be active**

**Be well**



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# #2.

(2 days)



## If money is a problem:

1. Research options in your local area where you can do something for free or a very low fee.
  - This research could be done online and/or with friends/family/colleagues.
  - Ask whether there are cheaper options or free (outdoor) gyms to be physically active via your student membership or arrangement at work (e.g. cheaper membership at local gym, clubs, training, etc.).
  - Get creative and go through your household items to find what you could use instead of more expensive resources (e.g. using books or bottles filled with water/sand/stones for weightlifting, stairs to go up and down).
2. Think of activities where you don't need any additional resources/materials for. Write as many possibilities down as possible. Choose your three favourites.
3. Pick one of your three favourites and do this at least 4 times in the next 10 days. Or take a 20 minute walk every day for the next 10 days. Ask a friend to join you if this would help you to stick to your plan.



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### If a suitable location is a problem:

1. Try to find a suitable place in your environment at home, at school or at work.
  - This research could be done online and/or with friends/family/colleagues.
  - Don't forget to think about the possibilities of physical activity during commuting (going to work or school).
2. How physically active are you during your day at school or at work and at home?  
Write down all your microdoses of movement during your day at school or at work and at home (everything counts if it's not sitting still on a chair or laying down on a couch).
3. Probably you won't be able to be physically active all day, but you could integrate some physical activity or movement during your day.

For example: go for a walk during meetings and breaks with colleagues/students/friends, use the stairs instead of the elevator, working on a balance ball or standing up, do some YouTube exercises at home.

Try to add some microdoses of movement during your day. Add at least 3 microdoses during your day at work or school for the next 10 days.



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### If time is a problem:

1. Maybe it is best to eliminate some lower priority activities. Less is more.

Make a weekly plan in which you indicate all the activities you do (school, study, work, hobbies, social life, screen time on phone/ laptop/tv, reading time, etc.) with corresponding time and your sleeping time.

2. After making this planner, indicate moments of time in which you could be physically active.

If there are no free slots of time during your days, see whether you could shorten or skip other activities (e.g. screen time) or where you could replace an activity with physical activity (e.g. travelling to work/school by foot or bike, or doing groceries by bike).

Write this all down in your planner.

3. Make a concrete, specific plan of when you are going to do what kind of physical activity. Make sure you mention the when, what, where, who with and how.

When I ..., I am going to do ... With ... Or by...

For example: When I come home from work on Friday, I will put on my running shoes and go for a run of 3 kilometers in the park next door by myself.

**Stick to the plan as much as you can over the 10 days. No stress if you miss a workout or part of the plan – it's all good!**

*"You don't need fancy gear or perfect conditions, science proves that consistency, creativity, and using what you've got is all it takes to move your body, boost your brain, and feel good."*



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**Be well**



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