

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

#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

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!



#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.

#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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