



Move More Month 2020

Created by Move More Sheffield: working together to create a culture of physical activity in Sheffield



June is 'Move More Month' in Sheffield! This is an opportunity to support one another to be active and this year we are focusing on the mental health benefits of physical activity.

Being active helps our mental wellbeing; it helps us manage feelings of anxiety and low mood which is something that many of us need a bit of support with right now. Even as we begin to transition out of lockdown, many of us will still be at home a lot more over the coming months. So it's really important that we find ways to build activity into our day, every day and Move More Month can help!



How can physical activity help my mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

- **Better sleep** – by making you feel more tired at the end of the day
- **Happier moods** – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- **Managing stress, anxiety or intrusive and racing thoughts** – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times.
- **Better self-esteem** – being more active can make you feel better about yourself as you improve and meet your goals
- **Reducing the risk of depression** – studies have shown that doing regular physical activity can reduce the likelihood of Experiencing a period of depression
- **Connecting with people** – we are all in this together!
We know that being active isn't always easy, you may not have the motivation or time, or you may just not know where to start but just remember that doing something is better than nothing, so any movement that you do will have its benefits.
Over the page we have produced a Move More Activity Calendar for the month of June and we would love you to give some of these activities a go! Feel free to add your own ideas to the calendar too and make it work for you.
We would love this even more if you shared a selfie of you completing an activity on social media for us to see, and help inspire other people in Sheffield! Simply use the hashtags **#MMM2020 #StayInWorkOut** and tag in **@movemoreshelf** on Twitter or Instagram and we'll share your story!
Good luck!

Useful contact information:

Sheffield City Council helpline
0114 273 4567

For any questions or concerns relating to coronavirus

Move More Sheffield
www.movemoreshelfield.com/stay-active

More on our work to create a culture of physical activity in Sheffield and some hints, tips and ideas of staying active at home

Sheffield Mind
www.sheffieldmind.co.uk/ 0114 258 4489

Emotional and practical support to people in Sheffield with mental health issues

We Are Undefeatable
www.wearundefeatable.co.uk

Support for those of us with health conditions to become more active



WE ARE UNDEFEATABLE





Move More Month June 2020



A month of activities to help us look after our mental health during difficult times
We are in this together! Don't worry if you miss a day, we know that life gets in the way sometimes



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Can you commit to doing something active every day in June? Challenge accepted?

2 Let's begin! Think about any periods of inactivity today. Aim to chop and change and to move around regularly

3 Go up and down the stairs today whenever possible! Can you sneak more activity into your day?

4 Complete a number of laps of your house, garden, balcony or local green space, like Captain Tom Moore

5 Have a day free of TV or screens and get moving instead and don't forget to Clap for keyworkers later on!

6 Take some time to reflect on what is important to you at this time and what changes you might make in the future! Write them down

7 Reach out and call a friend. Why not try and do this standing instead of seated or whilst enjoying a walk in your local area

8 Improve your flexibility by taking part in some Yoga – head over to the Move More website to see a beginners video

9 Sit to Stand – lift yourself from a seated position to standing using just your legs. How many can you do?

10 Ever tried Juggling? Use socks, fruit whatever you can get your hands on and give it a go

11 Take the time to enjoy nature today, even if it is from inside your home.

12 Clap for keyworkers! Can you march on the spot for the whole time you are clapping?

13 Do you have a step in and around your house? Simply step up and down on it, how many steps can you do in a minute?

14 Find any way you like to do 5 minutes of physical activity today! Share with us on social media @movemoresheff extra points if you makes us smile

15 Challenge a friend or relative to be active this week and check in with them every day! Give them some ideas to start!

16 Knee raises, sitting or standing can you lift your knees to your elbows?

17 Notice the birdsong and the clean air, less traffic is good for our health. How might you change your journeys?

18 Choose your favourite song and dance to it! Really go for it! Do more than one?!

19 Clap for keyworkers! Get active, however you are showing your support, move and shake as you do it

20 Take part in an online exercise class! Whatever you feel up to, do something familiar or try something new!

21 **The last day of Spring.** Eat healthy, stay hydrated. Maybe try a new recipe or make an old favourite. Lift some tins while you wait for it to cook

22 **The first day of summer.** Spending time in green space or connecting with nature can have huge health benefits. If you are able to, why not spend some time outdoors today?

23 Ever wanted to be more physically active? Do something today that helps you move closer to that goal and tell someone about it

24 Turn your house hold chores into a good form of exercise. Do something in each room of your home

25 Can you touch your head, shoulders, knees and toes? Try this 10 times!

26 Clap for keyworkers! Complete a lap of your house or garden in honour of all our keyworkers!

27 Have some time out - Take 5 minutes to sit still and breathe, if you can do this outdoors in the fresh air then even better!

28 Spend less time sitting down today – get up and Move More!

29 Mini-squats are great for staying strong and can be done whilst you wait for the kettle to boil!

30 Look up at the sky today, take your time to look around and remember we are part of something much bigger

31 The final day, let's make it the best one yet! Repeat your favourite activity today, and be mindful of how it feels

Well done! Reflect on your own Move More Month, how has it felt? What can you take forward into July, August and beyond?

Key Points:

- Being active supports positive mental health
- Exercise is safe and helpful for most people
- Try to be active every day
- Try to do strength and balance exercises 2-3 times each week

See our Active at Home booklet for more info on strength and balance exercises www.movemoresheffield.com/active-at-home/booklet



Join the Movement #StayInWorkout #MMM2020

