

# Making physical activity fun

It's your right to be physically active  
No matter how small, every bit of movement makes a difference

## Do physical activities that make you feel good

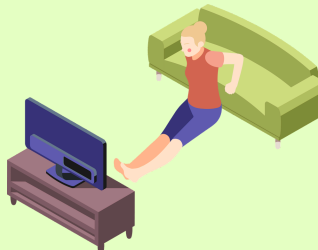
What might be enjoyable and feel safe?

What suits your own interests and abilities?

## Make movement social and part of daily life



Be active while connecting with people, animals, and nature



Find ways to move whilst doing your favourite things

### Change the intensity

Move at a pace or speed that always **feels pleasant** for you

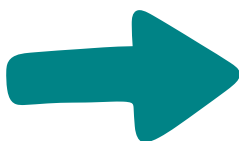
### Think back and forwards

Imagine how much better your future self will feel after being active

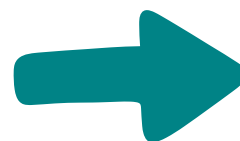
### End well

End **gently** and be **proud**

Break up periods of inactivity



Move more in ways you enjoy



Improve quality of life, health and how you feel