



Look after yourself: move more



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This is easy read document is for people who want help to move more.

- It will help you understand physical activity and sport is.
- It will tell you why being active is important for your health.
- It will suggest activities that you can do to move more.
- It will provide tips to get involved in physical activity and sport.
- It will tell you where to find support to move more.

What is physical activity and sport?

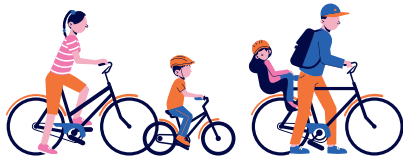
Physical activity means sport, exercise and fitness. For example:



- walking



- running



- cycling



- swimming

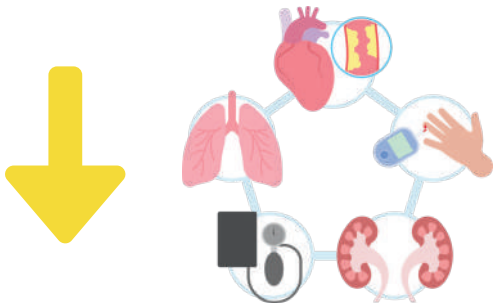
Sport is a type of physical activity.

Why is being active important?

Physical activity and sport is good for your health and fitness.



It is good for you because it can help you to lose weight.



It lowers the chance of you getting health problems like diabetes and heart disease.



It helps you live longer.



You can improve your confidence and make new friends.

You can also learn new skills.

What activity would you like to do?

If you do not know what sport or activity you want to do you could think about what you would like to get out of doing sport.



Do you want to meet new people?

If you do then you can try a team sport. For example football, basketball or netball.



Would you prefer to exercise on your own?

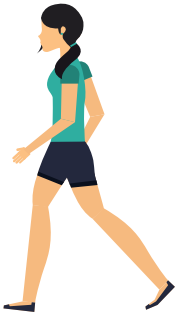
If you do you can try a sport you can do by yourself. For example walking, running or swimming.



Do you want to try something you have never done before?

If you do you could think about what type of activities you might enjoy and give them a try. For example rowing or golf.

Sports and activities you could try



Walking -

It is very easy to fit in walking into your everyday life. You could walk instead of driving or getting the bus.



Running -

You can run on your own or with family and friends. There are lots of running groups you could join. All you need is a pair of trainers.



Cycling –

You can cycle for fun or as a way of getting somewhere instead of getting the bus or driving. If you do not have a bicycle you could find a local session near you.



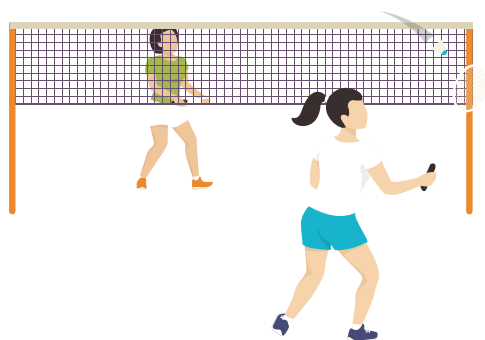
Football –

You can do it with some of your friends and family in your free time. There are lots of football clubs you can join.



Swimming -

You can swim in your local public swimming pool. You can do it for fun or you can have lessons to help you get better. There are also lots of swimming clubs you can join.



Badminton -

Lots of leisure centres allow you to hire a badminton court. There are also lots of badminton clubs you can join.



Exercise in the gym –

There are lots of activities you can try in the gym. You can have a go at an exercise class or use the equipment. For example the weights or the rowing machine.



There are lots of other activities and sports you can try. Look at our LiveWell Finder to see where you can go to find activities in your area.

Top tips to get involved in physical activity and sport:



- Take part with a friend, family member or carer.



- Visit the place a few days before the session so you know what it looks like and how to get there.



- Try activities that do not cost much money. For example walking, jogging, cycling or football.



- Do not worry about what other people think – as long as you enjoy yourself that is all that matters.



- If you are not sure if an activity is right for you then you can speak to the session leader first.

Where to find support:



Next time you visit your doctor you can ask them for advice on sport and physical activity and talk through your options.

Some doctors offer an exercise referral scheme when a doctor or medical expert helps someone exercise safely to improve their health.



You can also get support from LiveWell Dorset.

Your doctor, nurse or a carer or friend can help you do this.

Telephone: 0800 840 1628

<https://my.livewelldorset.co.uk/register>



You can talk to a LiveWell advisor – a person trained to help other people become healthier.

They will give you some tips and ideas for exercising safely.

An advisor can also help find the right activity for you if you have a medical condition or disability.



Move more
and lead a happier,
healthier life

This Easy Read information has been
produced by LiveWell Dorset.

Thanks and appreciation to staff and
members of Muntz's, Portland, for their
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LiveWellDorset