

Start Moving, **together.**

Kids copy what they see. So let them see you move.

The single best thing for your kids' health is you moving with them. It doesn't need to be a workout, it needs to be normal and fun. Three tiny family habits, one at a time, that turn movement into something you just do together.

THREE HABITS, ONE AT A TIME

Start with habit 1. When it feels automatic, add the next. No rush, one small win beats ten you can't keep.

1 MOVE

One 'family movement minute' a day, everyone joins, the kids pick the move.

It makes movement normal and fun, the habit of a lifetime for them.

Make it stick: Do it before dinner or right after school, same time daily.

2 EAT

Everyone adds one colour to their plate.

Builds healthy habits without nagging, diets or drama.

Make it stick: Let the kids choose the veg or fruit at the shop.

3 SLEEP

Same wind-down routine for the whole house.

Better sleep for the kids and you, and calmer evenings all round.

Make it stick: Screens down, lights low, same time each night.

3 moves to do as a family

- Animal walks (bear & crab), 1 minute
- Sit-to-stand race, 8 each
- Balance on one leg, see who lasts longest

Move within a range that feels good; ease off if anything hurts. If you have a health condition or you're unsure, have a word with your GP first. This is general guidance, not medical or nutrition advice.

Bring the whole family to the Move Together Bootcamp. And **Move Better Monthly** (coming soon) keeps the whole household going between sessions.

Come move with us

Move Together Bootcamp · Woking Park · Thursdays 6:30pm & Sundays 2:00pm. New? Just come along.
moveforlife.online · @dailyfit.miguel

Every body belongs here.