

Start Moving, strong and steady.

It's never too late, and gentle is exactly right.

Staying strong and steady on your feet is what keeps you independent and doing the things you love. Three small habits do most of the work. Build them one at a time, at your own pace, no heroics needed.

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

Stand up from a chair 8 to 10 times a day, no hands if you can.

Leg strength keeps you steady, confident and independent for longer.

Make it stick: Do a set after each meal so it's easy to remember.

2 EAT

Put some protein and some colour on your plate at each meal.

Muscles and energy need both. It keeps you strong as the years go on.

Make it stick: Think egg, beans or fish, plus any veg you fancy.

3 SLEEP

Get 10 minutes of morning daylight.

It sets your body clock for deeper, more restful sleep.

Make it stick: Have your morning cuppa by a window or just outside.

3 gentle moves for strength & balance

- Sit-to-stand, 8 reps
- Heel raises holding a chair, 10
- Stand and march on the spot, 30 seconds

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.

Move Better Monthly (coming soon) brings gentle, progressive sessions and a warm community moving at exactly your pace.

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.