

MOVE Mentor Resource

What is movement?



Movement is moving your body that makes your heart beat faster than it would if you were sitting still.

Movement is also known as exercise or physical activity.

How much movement is beneficial?

World Health Organisation guidelines suggests that at least **150 minutes per week** of moderate activity (movement) is beneficial. This could be 30 minutes, 5 times a week.

What is movement that is 'moderate'?

A good way of knowing if you are moving actively enough (but not high intensity) to get the benefit is if you are **able to talk but not sing** when moving.

Examples might include:

Gardening

Brisk walking

Housework

Swimming and water aerobics

Cycling

Dancing

WHO Guidelines Physical Activity and Sedentary Behaviour - November 2020

