



MOVE MORE, SIT LESS

Beware of the chair



2021 CALENDAR

Limit your sitting time!

Go outside for a lunchtime walk



Mon 28		Wed 30			Sat 2	Sun 3
Mon 4	Tues 5	Wed 6		Fri 8		Sun 10
Mon 11		Wed 13			Sat 16	Sun 17
Mon 18		Wed 20			Sat 23	Sun 24
Mon 25	Tues 26		Thur 28		Sat 30	Sun 31





Break up 'Zoom fatigue'

Stand while on zoom meetings or on the phone!



FEBRUARY

Mon 1	Tues 2	Wed 3	Thur 4	Fri 5	Sat 6	Sun 7
Mon 8		Wed 10			Sat 13	sun 14
Mon 15		Wed 17			Sat 20	Sun 21
Mon 22		Wed 24			Sat 27	Sun 28





Are you feeling sluggish today?

Get outside and try a mile a day!

MARCH

Mon 1	2	Wed 3	4	Fri 5	Sat 6	Sun 7
Mon 8	Tues 9		Thur 11	Fri 12	Sat 13	Sun 14
Mon 15		Wed		Fri	Sat 20	sun 21
Mon 22	Tues 23	Wed 24		Fri 26	5at 27	Sun 28
Mon	Tues	Wed 71				



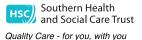




Stand up every hour!

APRIL

Mon 29	Tues 30	Wed 31	 Fri 2	Sat 3	Sun 4
Mon 5	Tues 6	Wed 7	 Fri 9	Sat 10	Sun 11
Mon 12		Wed 14	 Fri 16	Sat 17	Sun 18
Mon 19	Tues 20		Fri 23		sun 25
Mon 26	Tues 27	Wed 28	Fri 30		





Its walking month!

Walk this May, try a mile a day!

Its free, easy to add into your day and can improve your mood







MAY

Mon 27		Wed 29	Thur 30	Fri 31	Sat 1	Sun 2
Mon 3		Wed 5	_	Fri 7	Sat 8	Sun 9
Mon 10			Thur 13			sun 16
Mon 17	18	19	Thur 20	21		Sun 23
Mon 24	Tues	Wed	Thur 27	Fri		Sun 30

Mon **31**







Move more!

Try 10 sit to stands each day

JUNE

Mon	Tues	Wed	Thur	Fri	Sat	Sun
31	1	2	3	4	5	6
Mon	Tues	Wed	Thur	Fri	Sat	Sun
7	8	9	10	11	12	13
Mon 14		Wed 16	Thur 17	Fri 18		Sun 20
Mon 21	Tues 22	Wed 23			5at 26	Sun 27

Southern Health and Social Care Trust

Quality Care - for you, with you

29

30





Get up and move!

Try a walking meeting

JULY

Mon 29	Tues 30	Wed 31	Thur 1	Fri 2	Sat 3	Sun 4
Mon 5	Tues 6	Wed 7	Thur 8	Fri 9	Sat 10	Sun 11
Mon 12				Fri 16		Sun 18
Mon 19			Thur 22	Fri 23	Sat 24	sun 25
Mon 26	Tues 27	Wed 28	Thur 29		sat 31	







Move it or lose it!

Take regular breaks from the screen

AUGUST

Mon 26		Wed 28	Thur 29	Fri 30	Sat 31	Sun 1
Mon 2	Tues 3		Thur 5	Fri 6	Sat 7	Sun 8
Mon 9	10	11	12	Fri 13	14	sun 15
Mon 16	Tues	Wed	Thur	Fri 20	Sat	Sun 22
Mon 23		Wed 25		Fri 27	Sat 28	Sun 29
Mon 30	Tues					

Southern Health and Social Care Trust

Quality Care - for you, with you





Are you feeling sluggish?

Walking outdoors can improve your mood!

SEPTEMBER

Mon	Tues	Wed	Thur 2	Fri	Sat	sun
30	31	1		3	4	5
Mon	Tues	Wed	Thur	Fri	Sat	sun
6	7	8	9	10	11	12
Mon	Tues	Wed	Thur	Fri	Sat	sun
13	14	15	16	17	18	19
Mon 20		Wed 22		Fri 24	Sat 25	sun 26
Mon	Tues	Wed	Thur			



27 28 29 30





Keep moving in the office!

Rather than emailing a query to a colleague, walk over and have a chat!

OCTOBER

Mon 28	Tues 29	Wed 30	Thur 31	Fri 1	Sat 2	Sun 3
Mon 4	Tues 5	Wed 6	Thur 7	Fri 8	Sat 9	Sun 10
Mon 11		Wed 13	Thur 14		Sat 16	Sun 17
Mon 18		Wed 20			Sat 23	sun 24
Mon 25	Tues 26	Wed 27	Thur 28		Sat 30	sun 31





Move more!

Regular walking can help you feel better











NOVEMBER

Mon 1	Tues 2	Wed 3	Thur 4	Fri 5	Sat 6	Sun 7
Mon 8				Fri 12		sun 14
Mon 15	Tues 16			Fri 19		Sun 21
Mon 22	Tues 23			Fri 26		Sun 28

29 30







Get up and move!

Walk more this winter!!

DECEMBER

Mon 30	31	Wed 1	2	Fri 3	Sat 4	sun 5
Mon 6	Tues 7				Sat 11	sun 12
Mon 13	14	15	Thur 16	17		sun 19
Mon 20	Tues 21	Wed 22	Thur 23	Fri 24	Sat 25	Sun
Mon 27		Wed 29		Fri 31	Sat	Sun



