

Do Something you  
**LOVE.**

*Bonus points* if you do  
it with someone you  
love to move with!

Prioritize  
**frequency** over  
duration.

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# TIPS

TO GET MOVING!

Prioritize **variety** over  
perfecting a skill or  
sport.

Choose **outside**  
activities over inside  
activities.  
Even better if you  
see the sun and  
savour the sights!