

Make Movement your Mission



Make Movement your Mission:
sit less move (even) more

X3 daily movement snacks since 23rd

March!

8am, Midday, 4pm (BST)



Supporting people to move throughout the Covid 19 pandemic and beyond

Evaluation Report on Make Movement Your Mission - <https://www.laterlifetraining.co.uk/make-movement-your-mission-supporting-people-to-move-throughout-the-covid-19-pandemic/>

Make Movement your Mission

- **Our Mission?** - to provide opportunities for our teachers and instructors to help their class and group members remain active throughout Covid 19
- **To Reach?** – people isolated and shielded and not able to get outdoors or access other online “copy me” opportunities for more mobile people
- **Why Movement?** – an inclusive term, a message to build in movement, reduce sitting time and do more everyday
- **The Mission?** – adding movements during each day that are above and beyond what you are already doing
- **Based on?** – the iCAN Calendar and research from Glasgow Caledonian University and others on sedentary behaviour and physical activity interventions and behaviour change techniques

Make Movement your Mission



- Started March 23rd – now into 17th week of 3 x daily LIVE movement snacks on Facebook
- Each day at 8am, 12 noon and 4pm (join today!) 😊 10-15 minutes plus other ‘useful’ videos showing embedding of movements into everyday life indoors and out
- **Make Movement Your Mission Facebook link -**
<https://www.facebook.com/groups/MakeMovementYourMission/>
- **Make Movement your Mission YouTube Clips**
<https://www.youtube.com/playlist?list=PLeePVUq4FvWu9uSwUK8YMwZlVjx1CKp8q>

Make Movement Your Mission



UK



USA



Ireland



Greece



Sweden



Australia



Canada



Hungary



Norway



South
Africa



Spain



Germany



Jordan



France



Belgium



Serbia



Argentina



Guernsey



New
Zealand



Malta



Finland



India



PHYSICAL AND FUNCTIONAL HEALTH

Wow just finished my first week and feeling more agile already!

I managed to get up from squat 2 times without support today 😊

My ankles are much more elastic

I can now get in and out of a chair without using my arms

My feet weren't hurting around the toes when I walked - as they did before I started doing your exercises

Found I could raise and lower ankle single legged - really feel stronger

I have to hold on to my walking frame but I am doing the standing one today

I have found opening screw tops on jars and bottles is becoming easier

After 2 weeks, upper and middle body mobility is better and neck stiffness decreased



Thanks for being there for us and giving structure to our days

My sister and I both join from different ends of the Country so we feel linked three times a day

It's a sense of community and a chat that goes along with it that makes it so pleasurable



FEELING CONNECTED AND WELL

Do not underestimate the value of these sessions for good mental health and emotional support

This is a good motivation to see another human being 'live' and get up!

Breaks the loneliness and great for the mind as well as the body

Feel more connected to the outside world when I join you LIVE

I'm here with my son who is on a long journey of recovery after an accident. He struggles with balance, strength and flexibility. He also has a short concentration span so these 10 minute snacks are perfect

I feel we are living from day today in uncertainty, it is wonderful to have such a certain and positive initiative

HABITS AND BEHAVIOUR CHANGE

You subtly lay down a challenge and I feel I have to bend down and pick up

I was just sat reading the paper earlier and suddenly realised my toes and heels were going up and down

Will be crowbarring all these snacks in everywhere we can!

I find you end up doing these little moves without consciously knowing it

I observed that I did a small side bend when I filled the teapot. Takes the strain off the wrist

Plenty of mindful movement this morning whilst hanging out the washing, vacuuming and cleaning windows

I'M A CREATURE OF HABIT... ALL THE BAD ONES



VINTAGE
GARFIELD
2019

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This is very educational. Can't wait to share these developments with my friends

I like that you relate the exercises to daily life, so I understand their importance

I learned back extension, what it is about and how to do it right

MOVEMENT LITERACY AND LEARNING

Makes me really think about my body each time I move now

I really like the way the movements are gradually increasing and the explanations that go with it, helping to improve all sorts of areas of the body

Thanks for making movement so interesting

Had no idea how important the ankles, feet and toes were to my walking and stability – pay special attention to them now

I now do a back extension every time I stand up after bending – I realise the importance of a strong back and good posture

Its so nice to not just 'copy' an instructor but to learn so much more about the body and movement – thanks for answering my queries I have learned so much more about why its good to sit less move more



Live as if you were to die tomorrow.
Learn as if you were to live forever.

Think I'm going to use your phrase for my classes, "Your pace is the right pace"

INSTRUCTOR LEARNING

Amazing teaching!!!
That is called:
"Perfection in training"

I love that you relate all moves to things people do in everyday life – I will try to implement this when I start up my classes again

Have learned from you some simple ways of 'crowbarring' in some additional homework – so vital for dose

Learning new exercises as it's been about 4 years since I did my qualification with LLT

you're so clear with the description of movement

I am finding the sessions great for my CPD

Always learning to be a better instructor and these sessions are great for my learning

