Care... about physical activity improvement programme

MOVING MORE OFTEN
WHY IS MOVING MORE IMPORTANT TO ME?

Moving more can help me to:
• feel good
• do the things I want to do
• stay as independent as I can
• boost my energy
• keep alert
• sleep better
• reduce stiffness
• keep my bones and muscles strong
• stay in touch with others
• add more to each day.
MESSAGE 1:
GET TO KNOW ME AND FIND OUT

• What is important to me?
• What can I already do?
• What are my likes and interests are?
• What will make a difference to each day?
• What will fit easily into my day?
• What support I want?

I will help you to understand what motivates me so you can support me to move with confidence and purpose.

To find out more:
www.capa.scot
MESSAGE 2:
I WANT TO MOVE MORE

To be able to:
• do things for myself about the house
• be more independent with my daily tasks
• break up the time I spend sitting still
• feel strong, steady and safe
• sit less and move more around my home with confidence.

I will start to make moving a habit.
MESSAGE 3: I WANT TO MOVE MORE OFTEN

To be able to:
• get to the window to enjoy the view
• answer the door to visitors
• stand up while making phone calls
• continue with my interests for example, looking after my plants or feeding the birds
• do as much as I can for myself each day
• see my friends and family.

I will look for opportunities to take to move more often?
“Moving more often is good for my health, independence and wellbeing.”

To find out more:

www.capa.scot
MESSAGE 4:  
I WANT TO MOVE REGULARLY AND FREQUENTLY

To be able to:
• make the most of each day
• make use of all of my living space, inside and outside
• find things to do I haven't done for a while
• plan to do something different or new
• add something to my life.

I will add more to each day by moving more regularly and frequently
MESSAGE 5: I WANT TO BE IN TOUCH WITH MY FAMILY, FRIENDS, NEIGHBOURHOOD AND ENJOY THE OUTDOORS

To be able to:
• enjoy catching up with neighbours
• get out to the shops or library or social club
• meet friends for a coffee
• join a local community group
• go to the park.

I will get in touch with people and go to places near my home.
WHY MOVING IS IMPORTANT TO ME?

For example, I will be able to enjoy time with my grandchildren. I will be less worried about a fall.
MY IDEAS TO MOVE MORE OFTEN

1. 

2. 

I will think about the best time to do this and who can support me.