

**MOVING MORE OFTEN**

# WHY IS MOVING MORE IMPORTANT TO ME?

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**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

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- 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](http://www.capa.scot)

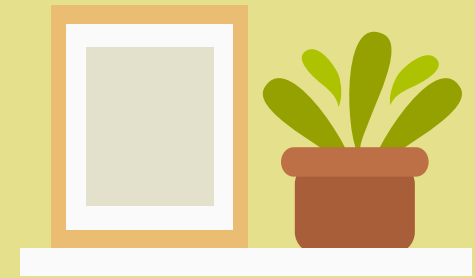
## MESSAGE 2:

### I WANT TO MOVE MORE

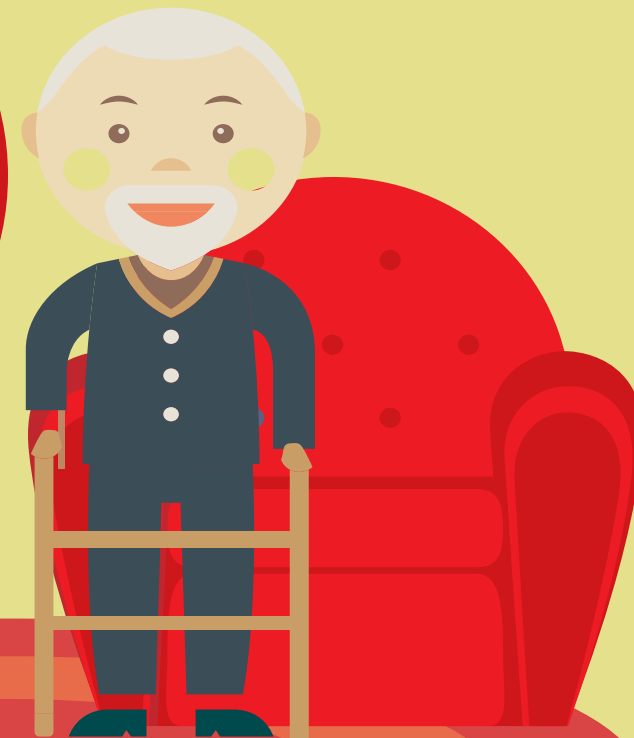
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To be able to:

- 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

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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](http://www.capa.scot)**

## MESSAGE 4:

### I WANT TO MOVE REGULARLY AND FREQUENTLY

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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

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#### 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.

