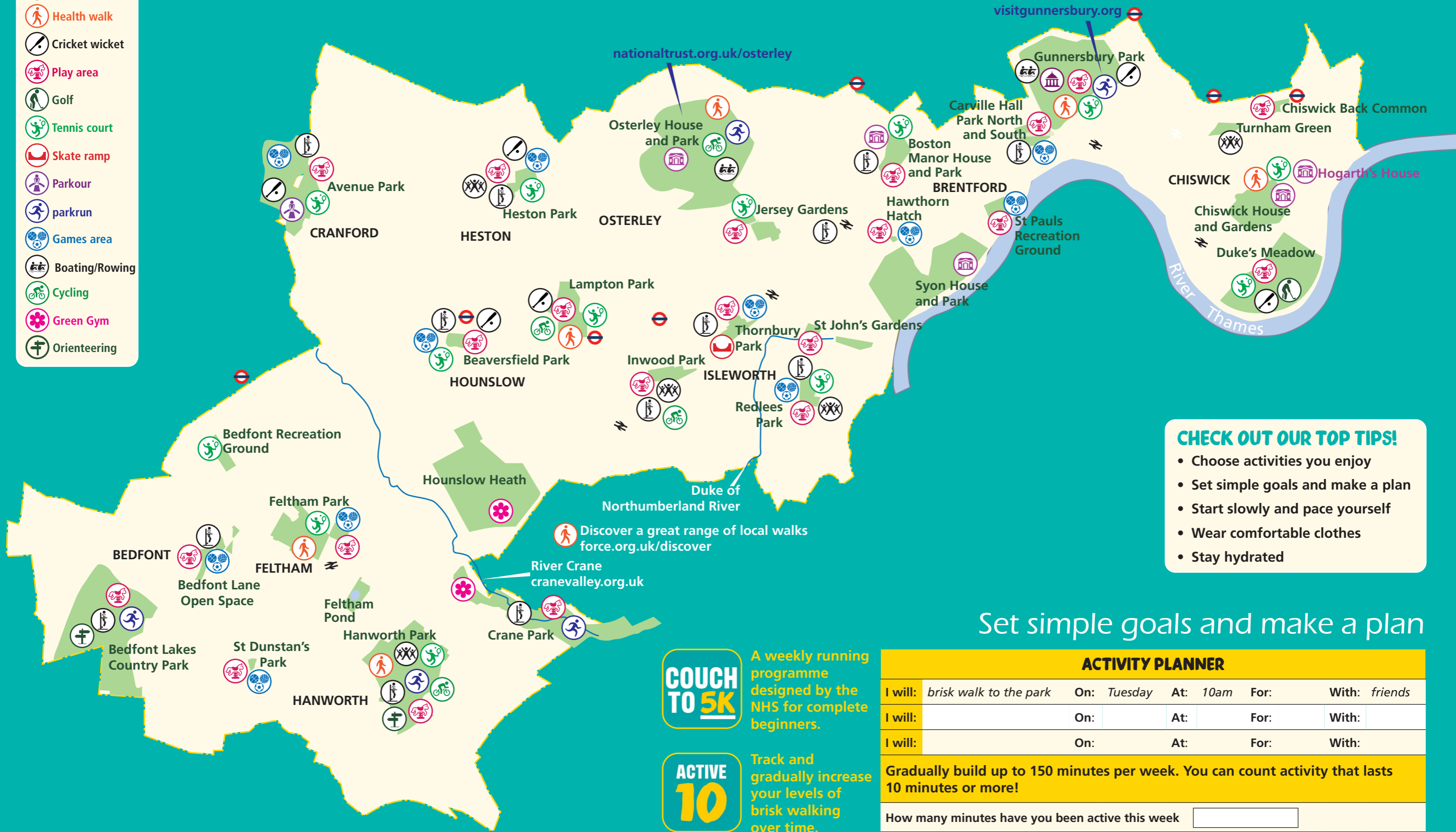


# MOVE MORE HOUNSLOW

Getting outdoors can help boost your mood and reduce anxiety

## Activities

-  Group exercise
-  Historic House
-  Museum
-  Outdoor gym
-  Health walk
-  Cricket wicket
-  Play area
-  Golf
-  Tennis court
-  Skate ramp
-  Parkour
-  parkrun
-  Games area
-  Boating/Rowing
-  Cycling
-  Green Gym
-  Orienteering



- CHECK OUT OUR TOP TIPS!**
- Choose activities you enjoy
  - Set simple goals and make a plan
  - Start slowly and pace yourself
  - Wear comfortable clothes
  - Stay hydrated

Set simple goals and make a plan



A weekly running programme designed by the NHS for complete beginners.



Track and gradually increase your levels of brisk walking over time.

ACTIVITY PLANNER					
I will:	<i>brisk walk to the park</i>	On:	<i>Tuesday</i>	At:	<i>10am</i>
I will:		On:		At:	
I will:		On:		At:	
Gradually build up to 150 minutes per week. You can count activity that lasts 10 minutes or more!					
How many minutes have you been active this week <input type="text"/>					