

**1** Start walking when you can. Early in the morning, at lunchtime, after work, whenever suits you.

**2** Look online for free workouts, given by professionals – there are lots to choose from!

**3** If you have a disability, look at how you can build extra activity into things you do each day



**4** Research the activities available in your local area – dance classes, swimming, running clubs, yoga, anything goes!

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# 5 ways to get active today

