

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

5 ways to get active today

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

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