

# Mind Moves - 7 Day Boost

**1** **STEP INTO THE NEW YEAR**



Go on a 10 minute walk

**2** **DOUBLE THE STEPS**



Take a 20 minute walk

**3** **DANCE IT OUT**



Dance to your favourite song for 3 minutes

**4** **MINDFUL MOTIVATION**



Listen to our guided mindfulness session on our website  
See our get involved page - key campaigns - Mind Moves 7-day boost to listen along.

**5** **POWER BALANCE HOLD**



Balance on 1 leg for 30 seconds then repeat on the other side (if you need support hold onto a wall)

**6** **TAKE THE CLIMB**



Walk up and down the stairs 5 times  
Alternatively, step on and off the lowest step of the stairs 10 times

**7** **TIME TO CELEBRATE**



**YOU DID IT!**