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13-19 MAY 2024

#MOVEMENTMAY 2024

Being active is so important for our mental health and this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Learn some yoga or stretches 	2 Complete some breathwork 	3 Dance to your favourite song 	4 Go for a walk in a park or green space 
5 Hit a step count target! 	6 Rest and reset, or pick a movement of your choice	7 Go for a walk in a park or green space 	8 Walk, run, swim or cycle 	9 Learn some yoga or stretches 	10 Do something for yourself! 	11 Achieve something creative 
12 Go for a walk in a park or green space 	13 Complete some breathwork 	14 Learn some yoga or stretches 	15 Do something for yourself! 	16 Achieve something creative 	17 Go for a walk in a park or green space 	18 Dance to your favourite song 
19 Rest and reset, or pick a movement of your choice	20 Do something for yourself! 	21 Complete some breathwork 	22 Go for a walk in a park or green space 	23 Dance to your favourite song 	24 Hit a step count target! 	25 Complete some breathwork 
26 Achieve something creative 	27 Learn some yoga or stretches 	28 Walk, run, swim or cycle 	29 Rest and reset, or pick a movement of your choice	30 Do something for yourself! 	31 Achieve something creative 	

Wow! You moved every day in May. How do you feel?