

# HAPPY GLOBAL MOVE FOR HEALTH DAY!

Create a 30 minute daily walking habit



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School Club

# AT WORK:



Set alarms to take hourly 5-minute walking breaks.

Walk while on the phone.



Use stairs instead of lifts.



Take a walk after your lunch.



Park further away.



# AT HOME:

Schedule family walks at the same time daily - use a trigger like 'after homework'.



Encourage children to skip, stomp or walk like an animal to engage different muscles.



Play games like 'I spy' on the walk to keep everyone engaged.



Joining a walking group can be helpful for motivation and commitment.