

# Welcome to Move for Mind 2023!

Thank you for choosing to take part in Move for Mind 2023. We can't wait to see you move! On this sheet you'll find a few activity ideas and a progress tracker on the back for you to update.

Remember, you don't have to do the same activity every day, so why not mix it up? We have an A-Z list of activity ideas which you can find [here](#) on our Move for Mind resources page. Here are some ideas to get you started:

## Walk or run

Getting out in nature can do wonders for our mental health. Take a 31 minute walk or run in the great outdoors.

## Online workout

There are thousands of workout videos on the internet. Find one that's around 31 minutes long and at a level that works for you.



## Housework

What better way to get moving than to tick off a chore on your list? Whether it's hoovering or hanging out the washing, you can complete multiple tasks in the day that add up to 31 minutes.

## Yoga

Do 31 minutes of yoga to help improve your strength and flexibility. There are lots of different styles to choose from, so find one that works for you and complete an online class.

## Dancing

Forget about the rest of the world for 31 minutes, put on a fun playlist and get dancing! You'll be sure to feel great after this one.

## Sports

Remember, any team sports or other activity that you already take part in can count towards your 31 minutes of activity, if you would like it to.



# Move for Mind Progress tracker

Use the boxes to fill in your activity each day. Include the number of reps or distance if you're keeping track. Then you can proudly share this with your sponsors!



My activity:     <b>1</b>	My activity:     <b>2</b>	My activity:     <b>3</b>	My activity:     <b>4</b>	My activity:     <b>5</b>	My activity:     <b>6</b>	My activity:     <b>7</b>
My activity:     <b>8</b>	My activity:     <b>9</b>	My activity:     <b>10</b>	My activity:     <b>11</b>	My activity:     <b>12</b>	My activity:     <b>13</b>	My activity:     <b>14</b>
My activity:     <b>15</b>	<b>You're over halfway!</b> My activity:    <b>16</b>	My activity:     <b>17</b>	My activity:     <b>18</b>	My activity:     <b>19</b>	My activity:     <b>20</b>	My activity:     <b>21</b>
My activity:     <b>22</b>	My activity:     <b>23</b>	My activity:     <b>24</b>	My activity:     <b>25</b>	My activity:     <b>26</b>	My activity:     <b>27</b>	My activity:     <b>28</b>
My activity:     <b>29</b>	My activity:     <b>30</b>	My activity:     <b>31</b>	<h2>Congratulations, you did it!</h2> <p>Well done for completing 31 days of activity for Move for Mind.</p>			

[mind.org.uk](http://mind.org.uk)

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