

LET'S GET MOVING



# Sitting for long periods?

**Break your activity into bite-size chunks**



**and stay active throughout the day!**

**RECEIVE PERSONALISED  
SUPPORT TO MOVE MORE**

**Contact your Active Hinckley and  
Bosworth Team:**

[activehb.org.uk/about-us](http://activehb.org.uk/about-us)

01455 255 908

Scan the QR code →



SCAN ME