



#GetMovingMove

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Dear X,

We all know how important it is to be physically active. We also know that one of the biggest barriers to getting active is not knowing all the great opportunities that are available to you. This is where the Moving More Activity Finder can help!

Whether you are currently doing no activity at all, or you're already dedicated to being physically active, you can use the Moving More Activity Finder to search thousands of local opportunities to find something that works for you.

There are so many ways to get more active, whether on your own as a family or group of friends, or joining a new or existing local group. You can also use Moving More to discover ways to be more active from the comfort of your own home. Whatever you choose you'll be one step closer to a healthier lifestyle.

So what are you waiting for?! Download the app here (insert hyperlink) or go to www.movingmore.co.uk to find out all the fantastic ways you could Get Moving More!