



Move More to Feel Better

Our plan for getting people
moving a little more
2024-2029



Contents

1

Section 1. What is MOVE MORE to FEEL BETTER?

Pages 3 - 7

2

Section 2. Are People in Suffolk Active?

Pages 8 - 9

3

Section 3. Why Does People Moving More Matter?

Pages 10 - 12

4

Section 4. What Needs to Happen?

Pages 13 - 16

5

Section 5. How to Make Things Happen

Pages 17 - 19

6

Section 6. Find Out More

Pages 20 - 21

1

What is **MOVE MORE** to **FEEL BETTER**?



MOVE MORE to FEEL BETTER is our plan for getting people in Suffolk moving a little more.



By moving we mean moving our bodies a bit more.



Our plan is about supporting people to lead healthy active lives.




Let's make Suffolk a great place for physical activity and movement!




Our plan is to work together to make sure everybody has the opportunity to move more.



Our plan aims at those of us who most need to move more.




That means:



● **Supporting people who are not very physically active.**



● **Creating opportunities so people can become more active.**



● **Making more green and blue spaces to encourage people to move around more.**



Green spaces are areas of natural land.

For example, parks, gardens, woodlands and allotments.



Blue spaces are areas near water that are accessible to people.

For example, rivers, lakes or the sea.



There are lots of ways to move more and to be more active.



We do not just mean sport and exercise.

We have listed some of ideas on the next page.



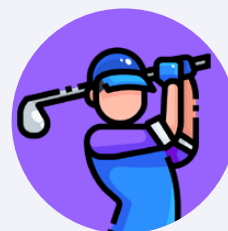
Low intensity



Vacuuming



Walking



Golf

High intensity



Running

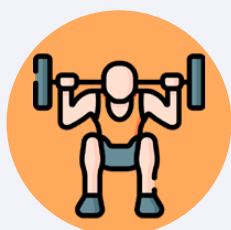


Tennis



Swimming laps

Strengthening



Lifting weights



Gardening



Push-ups

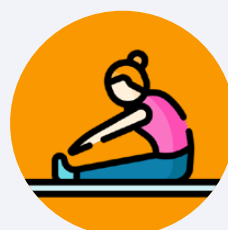
Flexibility and Balance



Yoga



Tai Chi

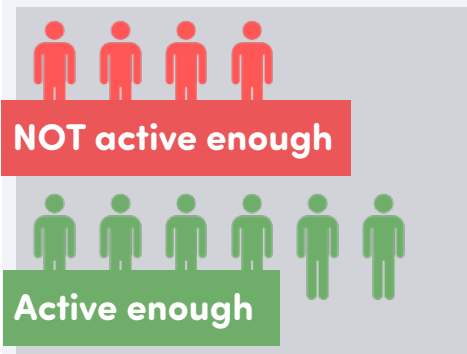


Stretching

2 Are People in Suffolk Active?



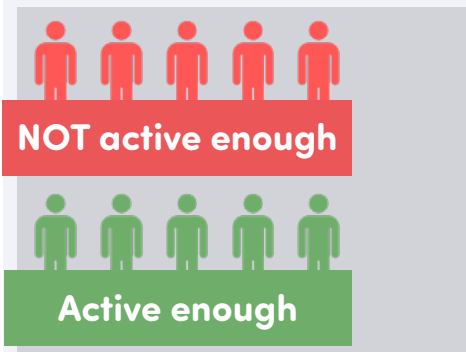
In Suffolk, many people do not move around physically as much as they need to.



In Suffolk nearly 4 out of 10 adults are not physically active enough.



More than 2 out of 10 are seriously doing too little physical movement.



5 out of every 10 children are not physically active enough.




3 out of 10 children are seriously not physically active enough.



The poorer you are and the poorer the area you live in, the less moving around you probably do!

3 Why does physical activity matter?



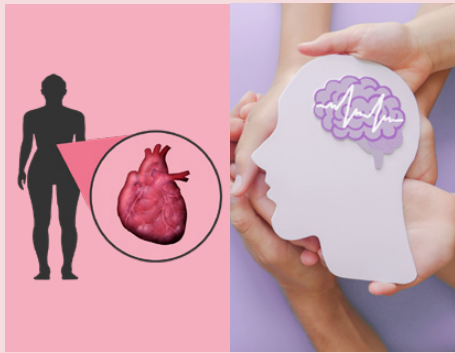
Physically moving more matters!



Regular physical activity means you are at much less risk of:



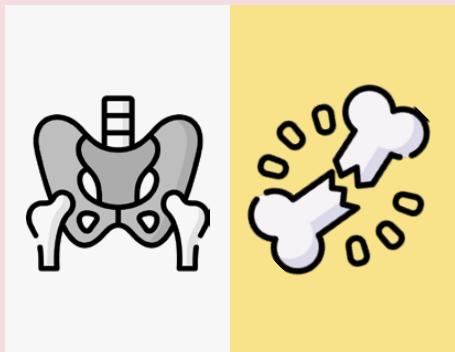
Depression



Heart disease and strokes



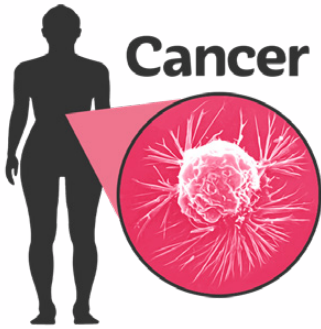
Type 2 diabetes



Hip fractures



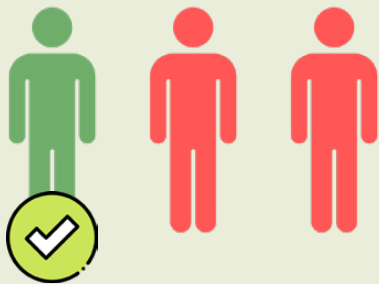
Dementia



Colon cancer



Dying earlier than you should



Nearly 1 in 3 people who have depression would not have depression if they did more physical movement.



Nearly 7 in 10 people who break their hip would not fracture their hip if they did more physical movement.

4 What Needs to Happen?



Moving about more means being physically active.

Every day



For good physical and mental health, everyone should aim to be physically active every day.



Remember, any activity is better than none, and more is even better.



A [government guide for physical activity](#) for disabled young people and children says:



“For good health benefits build up to 20 minutes of physical activity a day”



In Suffolk we have already made more opportunities for people to move more.



Already active

But – it is people who are already active who have taken up these opportunities.



Our MOVE MORE to FEEL BETTER plan for 2024-2029 targets people who are not active.



Age, where you live, how much money you have, your health, or your ethnicity should not matter.



We want all everyone in Suffolk to live in a place where daily physical activity and movement is accessible to them...

and



...where everyone thinks it is a normal thing to do.



We asked a lot of people about encouraging more physical activity in Suffolk.



We asked the Universities in Suffolk and in Essex to help us.

They made an activity map of how we can do better.

5 How to Make Things Happen



Here are some of the actions our Move More to Feel Better plan says will happen:



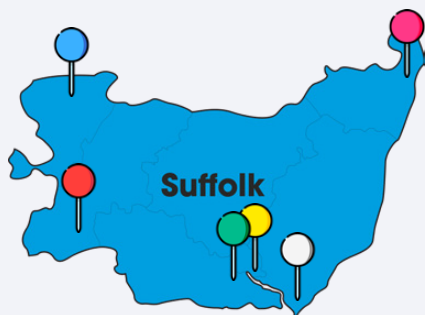
Every organisation must work to the Move More to Feel Better Plan.



We will concentrate on the places and people in Suffolk who will benefit the most from being active.



We will bring people together to create their own local solutions for being more active.



To do this we will work hardest in places:



with the lowest physical activity happening now



where there are fewer chances to move more and to feel better



Support

where people live who have the greatest need for support



We will create activity opportunities that last.



We will work with schools and workplaces and across communities.



Everyone should think physical activity is a normal thing to do to be happier and healthier.

6 Find Out More



To find out more about the **MOVE MORE to FEEL BETTER** plan, you can:



Read the **longer booklet** about **MOVE MORE to FEEL BETTER**



Please ask your organisation to support **MOVE MORE to FEEL BETTER** by signing up to The Plan.



Your organisation can do that online.

**[Move More to Feel Better -
Endorsement Sign Up](#)**





A co-production group worked together to make this easy-read document.

We created this document as people who are:

“Passionate, approachable and dedicated”

“Chilled, relaxed, kind, helpful, committed and caring”

“Supportive and kind with a good eye for detail”

“Kind, generous, funny, caring and committed”



Online:
thinklusive.org



e-mail:
hello@thinklusive.org



LinkedIn



Made by
Thinklusive