



STAFF INFORMATION

MAY WE MOVE TOGETHER

The aim of 'May we move together' is to encourage physical activity throughout the month of May, so that daily recommendations for physical activity can be achieved.

Physical activity guidelines

Children and young people (5-18 years)
60 minutes per day across the week.

Adults (19+ years)

150 minutes of moderate intensity exercise per week
or 75 minutes of vigorous intensity exercise per week.

#maywemovetogether

Spending time outdoors can improve mood and reduce stress. Walking is an easy and accessible way to improve physical and mental health. Visit a green space in your area and enjoy the scenery.

- Nature reserves
- Country parks
- Woodlands
- Beaches
- Canals & rivers
- Community parks

STRAVA

People on Strava upload everything from dog walks to Olympic marathons. You can download the Strava App through your smart phone and upload your activity, as well as view how active friends and family are too.



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