



moveit

The local initiative **moveit** was launched in February by NHS Shetland's Health Improvement Department. Shetland adults are encouraged to join in with the initiative, by doing physical activity in order to cover the equivalent distance from New Zealand to Shetland. The goal is to reach Shetland before the hamefarin in June. We are looking for more people to join in to help us get back in time. Participants are issued a **moveit** chart to follow progress on their journey. They are randomly assigned to teams and will be given the chance to meet other team members as part of the hamefarin celebrations.

It is well known that being active is good for everyone. Although it is important for those who are already active to maintain, or in some cases increase, their physical activity levels the National Strategy for physical activity points out that:

“The greatest health benefits occur when the least active people become moderately active.”

It is therefore critical to get those who are doing little or no activity to become more active. *Move It!* has been designed with this in mind aiming to encourage adults to at least meet minimal physical activity recommendations.

The minimal recommendation for adults is at least 30 minutes of moderate physical activity at least 5 days a week. The activity can be done in blocks of at least 10 minutes.

Participants in the **moveit** initiative are free to choose the type of activity they do. This is because it is important to realise that physical activity includes: Active living, recreational activity, exercise, sport, play and dance. So what does this mean and how can it help people be more active?

Active living is about building activity around people's daily lives in a way that suits them. Healthy Working Lives is an initiative to help make it easier for work places to be health promoting for more

information contact the Healthy Working Lives Advisor at the Health Improvement Department on 01595 743084.

Recreational activity is the activity that people do in their spare time and should be enjoyable. The local library has material on hobbies such as gardening or walking in particular look out for the *Help Yourself to Health* section. There is a range of local walking leaflets and other physical activity information available from the Health Improvement Team telephone 01595 74 3084.

Volunteering can also help people be active contact Shetland volunteer service see www.shetlandvolunteers.org.uk Look out for local events in the media or find out how other people became active.

Exercise and Sport: Exercise is usually an activity that is undertaken to improve fitness and health whereas sport is usually an activity that involves at least some competition. For information on local groups and clubs see the Community Directory at www.shetland.gov.uk See what is on offer at Shetland Recreational Trust at www.srt.org.uk Contact jogs Scotland for advice on starting jogging see www.jogscotland.org.uk

Play and Dance: Play both indoor and outdoor games. The Play@Home books are references for in-expensive play ideas for babies, toddlers and pre-school children aimed at parents, health professionals and early years workers. These books are free and are distributed by Health Visitors and pre-school settings. For dance there are a number and variety of dance clubs locally. Or just put some music on and try dancing around your home. The Active Schools team at Shetland Island Council have recently got funding for dance mats – look out for their Shetland -wide dance mat promotions.

Whatever people decide to try, remember to start slow and build it up.

For more information on **moveit** or to join in with the initiative please contact the Health Improvement Team on 01595 74 3084.

