

WEAR & SHARE ←...

TUESDAY 18th FEBRUARY

9.30am to 3.00pm

Atherstone Memorial Hall

FREE ACTIVEWEAR TO HELP YOU MOVE MORE

Think Active's Wear and Share initiative provides a kit bag of activewear to those who might not have access to, or be able to afford suitable clothing that is comfortable for movement and being active.

The Wear and Share team, in partnership with North Warwickshire Borough Council, will be at Atherstone Memorial Hall on Tuesday 18th February to distribute the bags of activewear.

Health Exchange will also be there offering FREE health checks.

These health checks are a 20-minute, one-to-one appointment that will look at BMI, weight, blood pressure, and waist circumference. There will also be a chance to speak about diet, sleep, and mental and emotional well-being. Tailored advice and suggestions will then be given.

BOOKING IS ESSENTIAL

To book a slot to collect a Wear and Share Kit bag, you can either email us at **hello@thinkactive.org** or call us on **07885 200 473**.

We are unable to deliver so you must be able to attend your selected time slot to collect the activewear.



North Warwickshire
Borough Council



TIPS FOR MOVING MORE

All movement counts and finding ways to move more throughout the day can help to support your health and wellbeing.

Even the smallest increase in movement each day can boost your physical and mental health and help you manage long-term health conditions.

Ideas for getting started:

- **Think about what you enjoy**
- **Consider the small changes that you could build into your daily routine**
- **Start slowly and build up gradually**
- **Make the most of your good days**

How can Think Active help?

We'll support your journey with top tips and inspiration to help get you moving - your way.

Scan the QR code to visit our website for:

- Tips and ideas on being active and staying motivated
- Advice on building movement into your everyday life
- Links to local spaces and places to be active
- Inspirational stories



**Scan the QR code for
Tips to Get Active**

www.thinkactive.org