**LET’S MOVE!**

Physical activity tips for people living with chronic pain

**WHY THIS IS IMPORTANT**

Physical activity can help reduce your pain, improve your quality of life and reduce the risk of long-term conditions (example: heart diseases, diabetes).

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**Be positive you can do it!**

- Have a physical activity goal, start with a simple one.
- Take up a physical activity that you enjoyed in the past for example: walking, dancing.
- Review goals regularly.
- Keep a physical activity diary or use an app to track your progress.

**You are not alone**

- Read local noticeboards to see if there are any local physical activity groups you could join.
- Do you prefer exercising alone or with somebody else? Could you meet a friend to do physical activities?
- Do you enjoy participating in sports teams?

**Listen to yourself**

Bad days can happen

Get the balance of physical activity and rest right

- Moving and physical activity may actually reduce your pain.
- Having a bad day or week? Do not dwell on it – think how you can get going with physical activity again.
- Do not be hard on yourself.

**Remember:**

- If in doubt, contact a physiotherapist for advice about beginning or progressing your physical activity programme.

**Top tips**

- Do not be hard on yourself.
- Be positive you can do it!
- Listen to yourself
- Bad days can happen
- Some activity is better than no activity

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**Some activity is better than no activity**

- Keep on it – think how you can get going with physical activity again.
- Start your physical activity slowly and work your way up.
- Reduce your pain.
- Moving and physical activity may actually reduce your pain.

**Top tips**

- Share your successes. Set up a WhatsApp group or a text messaging group and let people know when you reach your physical activity target.
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