

***more active  
more fun  
more healthy***





## What is the 'Move More' Scheme?

Put simply, this physical activity scheme is designed to help support you in becoming more active. Our team of mentors are on site for FREE consultations to help you explore the various ways of becoming more physically active.

### **What is physical activity?**

Physical activity is any body movement that works your muscles and requires more energy than resting. Brisk walking, running, dancing, swimming and yoga are a few examples of physical activity!

### **What's so good about physical activity?**

Physical activity has been linked with the prevention of diseases such as cardiovascular disease, obesity and type two diabetes. On top of that, just an hour of physical activity a week could prevent mental illnesses such as depression.

Regular participation in physical activity has been linked with weight loss, strength gain and improved physical and mental health; ultimately leading to an improved quality of life.

### **But what's really so good about physical activity?**

Physical activity has shown to be an excellent way of making new friends, improve your academic performance, productivity and help you to achieve that 'feel good' factor to your day.

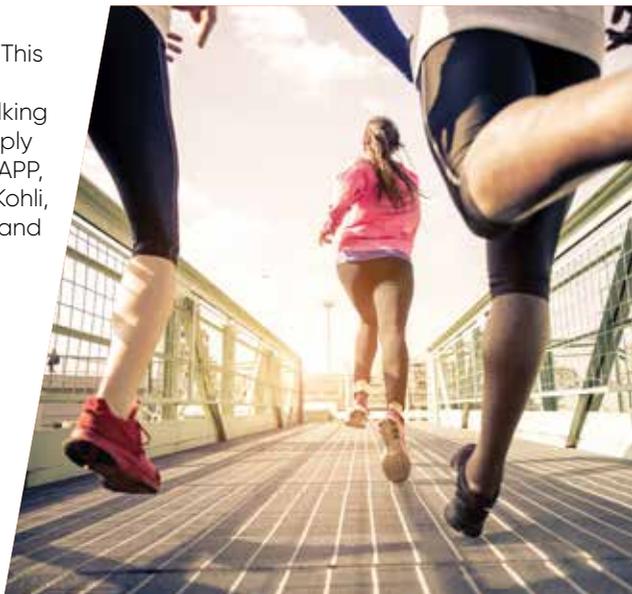
# What physical activities does the UoD Move More programme offer?

## **Couch to 5K**

This is exactly what it says on the tin. This physical activity programme aims to support you as you progress from walking to running a 5k in just nine weeks! Simply download the FREE NHS couch to 5k APP, choose a trainer (Jo Whiley, Sanjeev Kohli, Sarah Millican and Michael Johnson) and get inspired!

To help support you on your journey, drop-in coaching sessions are held by the Move More team every Thursday from 12-1pm at the sports hall (Kedleston road) for just £2 per session!

This programme is also included in Sport Centre and Social Sport memberships.



## **Active10 APP**

Just a 10 minute brisk walk every day can make a huge difference to your health. What is brisk walking? A faster walk than usual! Enough to get your pulse raised! The FREE Active10 APP helps you to track the amount of brisk walking that you do on a daily basis. Simply download the APP and start with just 10 minutes of brisk walking a day. Then who knows? You may find you gradually increase as you go!



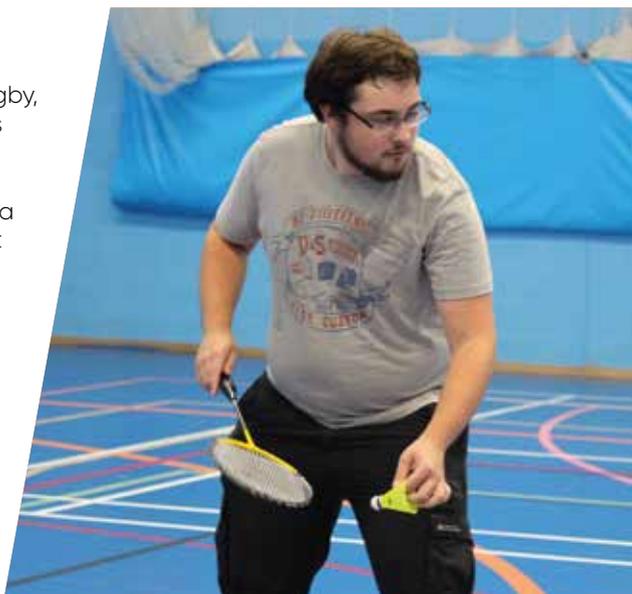
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## **Social Sport**

Ranging from badminton to touch rugby, to volleyball; a variety of social sports take place at the university sports centre for just £2 a session. This is a great way to become more active in a fun and social environment! You don't have to be a seasoned pro to get involved in sport!

Pay as you go: £2 per session  
Social Sport Membership: £30 (student), £40 (staff)

If you have a full sports centre membership, you have access to all sessions!



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## How to get involved?

### **Who do I contact?**

To book in for your FREE consultation simply email:  
Danny Giles (Move More Mentor)-[d.giles2@derby.ac.uk](mailto:d.giles2@derby.ac.uk)  
Or call: 01332 592171

### **Interested in taking part in a research study?**

All staff and students of the University also have the opportunity to opt-in for further health measurements on a three month basis for twelve-months as part of a physical activity intervention! All you have to do is contact:

**John Buchanan Meharry - [J.B.Meharry@derby.ac.uk](mailto:J.B.Meharry@derby.ac.uk) (staff)**  
**William Gareth Neill - [W.G.Neill@derby.ac.uk](mailto:W.G.Neill@derby.ac.uk) (students)**