

30 DAYS OF MOVEMENT



- 01 **Get outside** – spend 10 minutes moving in nature.
- 02 **Kitchen dance party** – put on your favourite song and dance.
- 03 **Move with a friend** – go for a walk, have a chat or move together.
- 04 **Spot your favourite colour – can you find three things while you're out?**
- 05 **Try strength training** – lift some weights or use your body weight to build strength
- 06 **Move and listen** – enjoy a podcast, audiobook or favourite playlist.
- 07 **Walk the dog** – or borrow a friend's!
- 08 **Take the stairs** – choose the stairs instead of the lift, if that works for you.
- 09 **Listen to your body** – take a moment to notice how your body feels today.
- 10 **Get gardening** – tend to house plants, weed, water or simply potter in the garden.
- 11 **Try something new** – play a sport or try something you've never done before.
- 12 **Housework counts** – vacuuming, laundry, washing up... everyday movement!
- 13 **Find your favourite view** – take a walk, wheel or roll somewhere you enjoy.
- 14 **Move to music** – put on three favourite songs and move however you like.
- 15 **Take a movement break** – get up, stretch or move around during your day.
- 16 **Yoga day – join our free Caring for Cancer yoga session with Yoga for Life.**
- 17 **Try cycling** – get on your bike or use an exercise bike at home.
- 18 **Move together** – invite a friend, colleague or family member to join you.
- 19 **Make it mindful** – notice what you can see, hear and feel as you move.
- 20 **World GO Day – find out more about the five gynaecological cancers**
- 21 **Head outdoors** – explore somewhere new or revisit a favourite local spot.
- 22 **Your way** – choose the movement you enjoy most.
- 23 **Get some fresh air** – spend time outside, moving or simply enjoying the outdoors.
- 24 **Go swimming** – head to your local pool and enjoy moving in the water.
- 25 **Find a fitness video** – choose a YouTube workout that looks right for you.
- 26 **Move for a cause – share your Workout for Womb Cancer challenge**
- 27 **Take the scenic route** – choose a slightly different route on your next walk or journey.
- 28 **Check in** – what movement has made you feel good this month?
- 29 **One more day** – choose whatever movement feels right for you today.
- 30 **Celebrate! – you made it through 30 days of movement, your way!**

Notes

Please speak to your healthcare professional before starting any new activity to make sure it's right for you.

peachestrust.org

Peaches Womb Cancer Trust, Clarke Nicklin House,
4 Brooks Drive, Cheadle Royal Business Park SK8 3TD
Registered Charity in England and Wales (1190440) and Scotland (SC054434)



MOVE EVERY DAY. YOUR WAY.



Use these daily prompts for inspiration, or set yourself your own challenge and join **Workout for Womb Cancer**.

There's no right or wrong way to take part – choose movement that works for you. And if you have any questions...
Peaches is here for you.

Want more inspiration?

Prehab4Cancer – YouTube

Videos to help people prepare for cancer treatment.

Move Against Cancer – Resource Hub

Short movement videos for people affected by cancer.

Exercising safely with cancer – Macmillan Cancer Support

Practical guidance on how to adapt activity to your individual circumstances.

Remember: you don't have to complete every idea.

Use them for inspiration, choose what feels right for you, or create your own 30-day movement challenge.

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