GET IT RIGHT

A good activity session

Look after yourself before, during and after.

1. 

Warm up

Start gently and build up slowly.

2. 

Get moving

Go at a pace that feels right for you.

3. 

Take a drink

Have water to hand.

4. 

Cool down

Slow down gradually at the end.

5. 

Well done

Be proud of what you did today.

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