

WE ARE
UNDEFEATABLE

DAMN RIGHT I'M STRETCHING MYSELF

For ways to get moving
with your health condition,
take a look at the
poster inside

In partnership with



BREAST
CANCER
NOW

VERSUS
ARTHRITIS



Please supply correct lockup in white

British Red Cross



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

SERVICE

Association

ABOUT THIS LEAFLET

We Are Undefeatable is a movement developed by 15 health and social care charities that aims to support and inspire people living with health conditions to find ways to be active that work for them.

Being Undefeatable is understanding that how you feel can change from day to day, that everybody's situation is unique, and that moving more whenever you can is just as important as accepting when you can't.

Moving more can help maintain your physical and mental health and wellbeing by helping to manage symptoms, lift your mood and manage stress. If you can get active at home with family or even while on the phone with friends, it's a great way to bring fun into moving more.

Our charities bring together people with a wide variety of health conditions, including lung conditions, heart conditions, stroke, arthritis, Parkinson's, multiple sclerosis, diabetes, cancer and mental health conditions. It is important to remember that everyone is different and how their condition affects them is different. Finding the appropriate physical activity depends on your own personal circumstances.

We've produced this leaflet to help people find the support they need to be active. If you think it would be useful for a friend, family member, or even a neighbour, please share it. Additionally, anyone looking for more ideas to get active can find them at WeAreUndefeatable.co.uk



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I'M STILL ON MY OWN TWO FEET
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MOHAN

Mohan's family helps him keep gardening and moving around the home while managing his dementia.

Mohan was diagnosed with dementia seven years ago. He's fully mobile and can still crack jokes with family members like he used to, but his memory is not what it once was. He's "still on his own two feet," though, which he attributes to walking and staying active while getting older. His family do everything they can to make sure he is happy and healthy, supporting him and helping him.

Mohan stays active with the help of his family who he lives with. His daughter and granddaughter spend time with him. He loves to pick up a dustpan or the Hoover to help around the house, and he also loves gardening.

REBECCA

After discovering her Multiple Sclerosis (MS) and becoming depressed, Rebecca discovered wheelchair dancing, and fell in love with it.

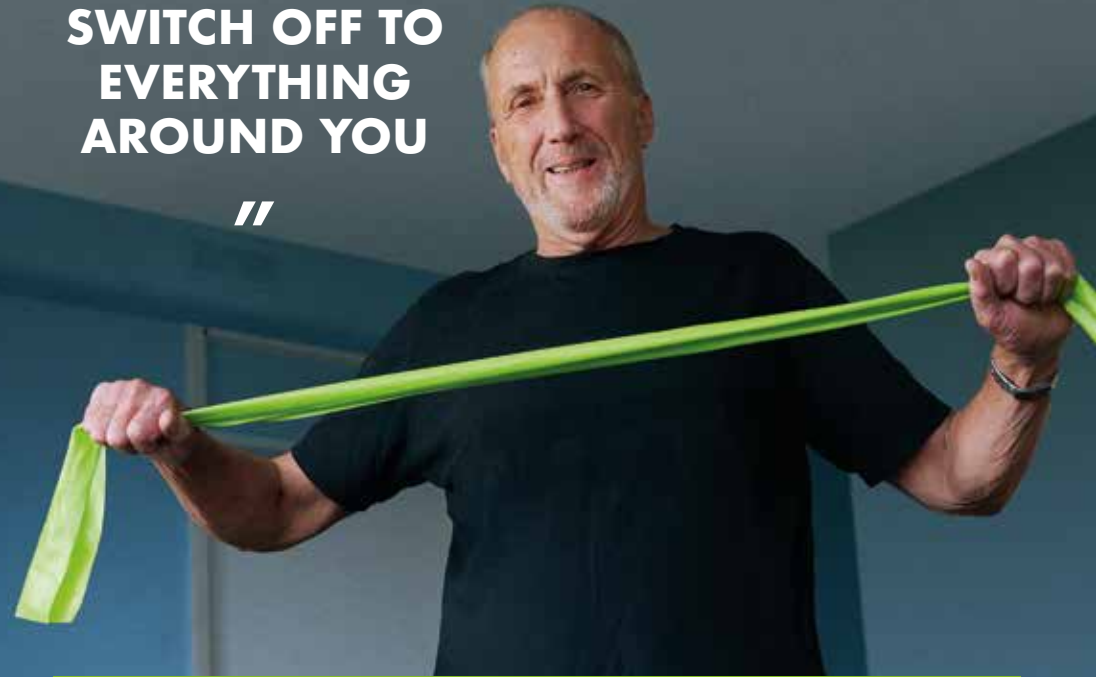
Rebecca was training as a physiotherapist when she was diagnosed with her Multiple Sclerosis (MS). As her condition progressed, she found it increasingly hard to be active, and impossible to do the job she'd trained for. Taking up wheelchair dancing helped her manage the depression that came about after her diagnosis and has become one of the activities she loves most.

For Rebecca, there's no better way to get moving than dancing in her living room. She's able to let loose and have fun, no matter the style of dance. She says it's completely changed her life, and she always feels much better afterwards.



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**DANCING HAS
COMPLETELY
CHANGED
MY LIFE**
//

//
**I LIKE TO DO
TAI CHI – YOU
SWITCH OFF TO
EVERYTHING
AROUND YOU**
//



IAN

By doing strength exercises and Tai Chi at home, Ian can start the day and work around his energy levels and COPD.

Keeping active to stay physically healthy and strong is really important to Ian. He's found ways to adjust how he moves now that he manages his lung condition and has reduced lung capacity. He likes to do workouts at home, breaking up his activity throughout the morning or the whole day by doing a few minutes here and there with rests in between. He also enjoys relaxing with some Tai Chi. Working out at home like this makes Ian feel like he can move more easily and it lifts his mood.

FIND THE RIGHT ACTIVITIES FOR YOU AT HOME

When starting to move more, it's important to think about what works for you. See below for some suggestions that might be helpful.

Make the most of your home:

Use objects in and around the home e.g. stairs, or use a filled bottle of water as a weight.

Build movement into your routine:

Do different things throughout the day in short bouts e.g. do some chair exercises while watching the TV or get on your feet during the ad break.

Have fun while being active:

Dance around the kitchen while you're waiting for the kettle to boil, or skip through your house!

Moving more with others:

Why not call a friend while walking around the garden, or play an active game with your family?

Relax while being active:

Gentle stretches and breathing exercises are relaxing and can clear your head.

WE ARE
UNDEFEATABLE

MY DAILY UNDEFEATABLE

Fill out the sections below and keep this somewhere where you'll see it as a reminder of what makes you undefeatable.

WHY DO YOU WANT TO MOVE MORE? (LIST AS MANY REASONS AS YOU LIKE!)

HOW DO YOU LIKE TO GET MOVING? (WHAT DO YOU ENJOY, OR WANT TO TRY?)

WHAT ARE YOUR GOALS? (THIS WEEK AND THIS MONTH)

If it helps you to get started and build activity into your daily routine, use the tool below to track how you've been active from day to day.

DAY	HOW DID I MOVE TODAY?	HOW DID I FEEL?	WHAT WILL I DO TOMORROW?
MON			
TUES			
WED			
THURS			
FRI			
SAT			
SUN			

GETTING STARTED

We've put together these tips to help you get started and find ways to get active that work for you.



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WHEN YOU DO ANYTHING, ANY KIND OF ACTIVITY, YOU FEEL SO MUCH BETTER. IT DOES LIFT YOU

FIND ACTIVITIES YOU ENJOY:

Doing something you enjoy means you're far more likely to keep doing it. Try different activities until you find the right things for you.

START SLOWLY AND BUILD UP:

If you are doing more structured exercises, you should try to include a warm-up and cool-down.. You might feel a little bit warmer and breathless when you're being active and you may feel some soreness in muscles and joints for a couple of days afterwards. If you start to feel dizzy, unwell, get sharp pains or your condition symptoms change or worsen, rest and try something different next time.

MAKE THE MOST OF YOUR GOOD DAYS:

Each day listen to your body and do what feels comfortable to you. On some days, you may need to do less or different activities.

MOVE MORE: Small amounts of different activities throughout the day all add up. Whatever you're able to do, it's all beneficial for your mental and physical health and wellbeing.

For more resources and ideas about ways you can start moving more, visit

[WeAreUndeatable.co.uk](https://www.WeAreUndeatable.co.uk)