

Make Movement your Mission



**IN THE
BENEFITS
BAG**

TICK IN THE
COMMENTS TO
SHARE TODAY'S
ADDITIONAL MOVING
MINUTES WITH US..



The movement mission continues

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6 months
into our
Mission:
an
evaluation

Make Movement your Mission: part 2!



- **Our Mission?** - to provide opportunities for our teachers and instructors to help their class and group members remain active throughout Covid 19
- **To Reach?** – people isolated and shielded and not able to get outdoors or access other online “copy me” opportunities for more mobile people
- **Why Movement?** – an inclusive term, a message to build in movement, reduce sitting time and do more everyday
- **The Mission?** – adding movements during each day that are above and beyond what you are already doing
- **Based on?** – the iCAN Calendar and research from Glasgow Caledonian University and others on sedentary behaviour and physical activity interventions and behaviour change techniques

Make Movement your Mission: part 2!

- **The original mission plan?** – to deliver x3 movement snacks per day for 30 days
- **What actually happened?** – the movement snackers didn't want us to stop!

"I'm not always able to do the exercises in real time but I always catch up. I also love the chat and feel I am part of a community. Thank you. I am dreading 20th of April and do hope this initiative will continue beyond it".

Make Movement your Mission: milestones to date



- 19th March – private Facebook group created
- 21st March – live introductory live broadcast 4K+ views to date
- 23rd March – with 1000+ members, 3 x daily LIVE movement snacks commence
- 23rd September – MMYM reaches 6 month anniversary
- 01st October – celebration event for International Day of the Older Person; hourly movement snacks from 8am-4pm
- **Make Movement Your Mission Facebook link -**
<https://www.facebook.com/groups/MakeMovementYourMission/>



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Make Movement
your Mission
Headlines

3,044 members
worldwide

(as of 5 October 2020)

Each snack: 40-60 people per live view
Grows > 150-200 in hours and days following

>550 movement snacks
> 7 months of movement snacks

86%
Women

14% Men



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302 subscribers
(as of 5 Oct 2020)

24,270 views

1.1K unique viewers (past 90 days)

76% of viewers over the age of 65

82% Women
18% Men



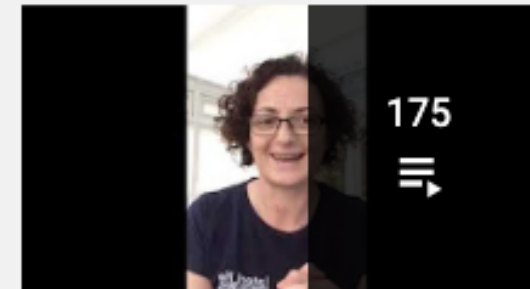
MMyM reaching out to care settings



Introduction to MMyM for workforce in residential care settings 115 views

Movement snack for residential care setting; active sitting, seated arm march, ankle mobility 684 views

Created playlists



Make Movement your Mission
Introduction Video 20 March...

Updated 5 days ago

[VIEW FULL PLAYLIST](#)

<https://www.youtube.com/playlist?list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8q>

Make Movement your Mission celebrates International Day of the Older Person



Every hour on the hour (10 minute) movement snacks, 9 movement snacks totaling 1,255 views (as of 5th Oct)



Thank you Bex, [Kelsey](#), Dave and Dawn for all you do to help us keep moving. Christmas 2019, I left hospital in a wheelchair and look at me now. I have only been with you all since August, but feel like I have known you for so much longer. You are helping me, physically and mentally on my journey back to health. I thank you from the bottom of my heart 💖 🙏



MMYM

To keep moving well, keep moving more

1st October

International Older People Day

A day of hourly movement snacks.
Just choosing to join the
circulation boosts = 18 additional
movement minutes !!

1st October 2020, a special day of hourly movement snacks celebrating International Day of the Older person



To all the terrific trio, BKD, it has occurred to me today joining you on a dull wet windy session, that this will be a lifeline to me in the months to come. It is so good to have real people and conversation interaction in your day, especially when you live on your own. Although I walk a lot briskly and did when I went on holiday, when I came home and joined you again, I realised that the specific targeted movements are really necessary to keep your body moving as good as possible MMYM I have the tee shirt 👍

Evening here now and I think I've participated in them all. A wonderful celebration and thank you 5 again for what you are doing to help us maintain and improve our health. You are keeping me motivated 😊

Thank you for a great finale 😊 just completed number 9. It's been a wonderful day and has left me feeling focused and energized. A big thank you to you all for your commitment, enthusiasm and fun. Would love to give all of you tomorrow off but sorry we need you too much 😊

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1st October 2020, a special day of hourly movement snacks celebrating International Day of the Older person

What an amazing day from start to finish! Thank you so much to Mission Control and the Dream Team. You've put so much into the day and its very appreciated. It's been great spending the day with you and all the fellow snackers. Medals all round 😊 😊

Thank you all. Plethora of benefits more powerful & far reaching than any of you would have initially imagined

x

What a day, 9 for me. Day has flown by. Thank you LLT team for a brilliant day. I have picked up even more tips and information to help me

Good luck for today, what a great idea. Thanks for keeping these movement sessions going. Good to communicate with you all every day. Friendship and support is out there in these different times. A ray of sunshine in the months to come.

Make Movement your Mission - is moving people!



That's great news! It has been a lifeline for me 🙌👍

10 h Love Reply

Not only do I learn new movements but it's like visiting with friends every day.

THANK YOU.

A small note of appreciation to [Bex Townley](#), [Kelsey Sprintall](#) and [Dave Montgomery](#) and those in the 'boiler room' behind the scene for their commitment, entertainment and fun in keeping us active during the last six months. I, and I'm sure all their followers, appreciate the unstinting effort and encroachment on their daily routine to give a first class service



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And of course, the Make Movement your Mission: The t-shirt!

The official MMYM T-shirt arrives – following great feedback from the group members for the proposed logo and strap line



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For more information about LLT



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Providing specialist, evidence based, effective exercise training for health and exercise professionals working with older people, frailer older people and stroke survivors



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PD:Approval
Endorsed