

# Active Movement's Active Recovery Home AMBassador 10-point Pledge

I will ask my family to let me help them keep healthy at home

I will tell my family why Active Movement is good for them

I will remind my family to sit less and stand more

I will encourage my family to look at the Health at Home advice

I will encourage my family to go for regular walks

I will remind my family not to eat too much during lockdown

I will remind everyone to wash their hands regularly for  
20 seconds with soap and water

I will make sure everyone sneezes or coughs into a tissue or  
their sleeves

I will encourage all my family to have their flu vaccination

I will remind my family that we need to protect the NHS



ACTIVE MOVEMENT