

Sit Less 
MOVE MORE
Feel good!

Would you like to be more active?

Are you aged 60 or over?

Do you sit for more than 3 hours a day?

We have an exciting opportunity for you to take part in the Sit Less, Move More study with the University of Glasgow.



Being physically active and sitting less each day can make you feel good, stay healthy and boost your energy!

Sit Less, Move More is a new programme to help people like you be more physically active and sit less at home.

The programme lasts 10 weeks and includes telephone sessions with a trained guide, walking and light exercises to improve your strength and balance.

You will also take part in three research phone calls over six months.

Being active and sitting less is even more important now when coronavirus restrictions are limiting your daily activities – our study fully complies with coronavirus guidelines.

If you would like to find out more about the study, please do get in touch by calling us on our Freephone number:

☎ 0800 389 2129

Text: 07766 698 798

Or email: sitlesmovemore@glasgow.ac.uk

We will call you back to answer any questions you have.

If you would like to become more physically active and sit less, please do call – we would love to hear from you.