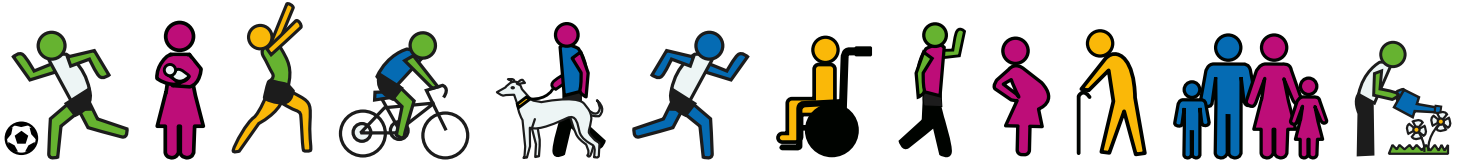




South West
Yorkshire Partnership
NHS Foundation Trust



Move More SWYPFT-ly

How do you plan to move more?

Being physically active is not only good for your physical health, but your mental wellbeing too. Move More SWYPFT-ly helps you to think about how you, your team, or the people you support can move more during your working day.

We caught up with a member of staff to find out how they're keeping physically and mentally well by being more active, more often in their own way.

Name:

Role:

What made you want to take part in Move More SWYPFT-ly?



What do you hope to get from it?

Why is physical activity important to you?

How has Covid-19 affected your working life?

How do you think taking part in Move More SWYPFT-ly will help you address the effects of Covid-19?

Want to take part in your own team challenge?

Email us at movemore@swyt.nhs.uk and show us what you're up to on social media using the hashtag **#MoveMoreSWYPFTly**

MOVE



CLICK



SHARE



i-hub

With **all of us** in mind.