



# MOVE Together

Helping people in Oxfordshire  
to move more



This leaflet tells you what help you  
can get from us

## About Move Together



**Move Together** is a service available in Oxfordshire. It helps local people move more.



Moving more is good for you. It is good for your **wellbeing**.



**Wellbeing** means feeling healthy in your body and your mind.

# Why moving is good for you

It is important for everyone to move more. It can help you:



- if you have a problem with your health



- to live a healthy life. Things like sleeping better and having more energy

## How to move more

Here are some things you can do:



- go for a walk
- go for a bike ride
- join an activity class



But you don't have to leave your home to move more.

You could do things like:



- stretching out parts of your body



- moving around your home



- gardening



- moving your feet while you are watching tv



You can move on your own or with your friends and family.



## How we can help

Move Together can help you find out the best way for you to move more.



Things like:

- find things to do at home to help you move more
- look for walking groups where you live
- look for different activities in your local area





## How to contact us

You can contact us to find out more about Move Together.

### ● Phone us



If you live in **Oxford City** phone:  
**07483 007114**



If you live in **Cherwell** phone:  
**01295 221575**



If you live in the **Vale of White Horse**  
phone: **07717 836750**



If you live in **South Oxfordshire**  
phone: **07717 836750**



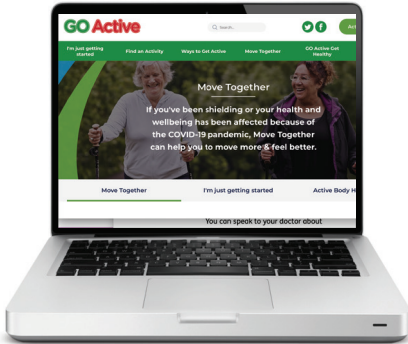
If you live in **West Oxfordshire** phone:  
**01993 861564**

# How to contact us

## ● Look online

You can fill in a form on 1 of our websites:

[www.getoxfordshireactive.org](http://www.getoxfordshireactive.org)



or

[www.movetogether.org.uk](http://www.movetogether.org.uk)



## ● Speak to your doctor

Your doctor can get in touch with us for you.



We will talk to you and find out the best way to help you move more.



**MOVE**  
Together