

# This care home is committed to make every move count!

All physical activity makes a difference – not just planned exercise. There are simple, easy ways to support the people you care for to be more active in their daily life. The 'Care... about physical activity' resource pack shows you how.

## Support me to move...

...giving purpose and meaning to my day

...more often and be more active every day

...regularly and frequently

...safely with confidence

Get to know me, what motivates me, and support me to move with purpose

[www.careinspectorate.com](http://www.careinspectorate.com)

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