VITALITY

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D2.1 Toolkit for Inclusive Physical Literacy, module 1 of 10

Introduction and user guide

What this toolkit is for, how to use it on your phone or on paper, and how to make it fit your life.



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Module 1 of 10

1 Introduction and user guide

What this toolkit is for, how to use it on your phone or on paper, and how to make it fit your life.

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Read or listen on your phone

Welcome to VITALITY. This toolkit is for women who would like to move more, in a way that fits their life.

1 Welcome message

This toolkit is for you if you would like to be more active, but it has been hard to start. Maybe you have little time or money. Maybe you are new to a country, or you do not feel at home in a gym.

You do not need special clothes or equipment. A chair, a wall and a little space are enough. You can start today, with a few minutes.

Why move?

Being active is good for your body and your mind. It can help you sleep better and feel less stressed. It can lower your risk of heart disease, type 2 diabetes and high blood pressure.

Any movement is better than none.

What is physical literacy?

This toolkit is about physical literacy. Sport England (www.sportengland.org/news-and-inspiration/physical-literacy-consensus-statement-england-published) is the public body for sport in England. It describes physical literacy like this: "Physical literacy is our relationship with movement and physical activity throughout life."

These are Sport England's words. They are not covered by this toolkit's licence.

Here, literacy is not about reading and writing. It is about how you move, how you feel about moving, and how moving fits into your life. You can learn more in Understanding physical literacy (vitality.sports4.eu/toolkit/learn/#physical-literacy).

2 How to use the toolkit

You can start anywhere. Each page makes sense on its own.

A good way to begin

1. Read who should talk to a health professional first (vitality.sports4.eu/toolkit/movement/#safety).
2. Fill in My starting point (vitality.sports4.eu/toolkit/forms/self-assessment).
3. Try the warm-up (vitality.sports4.eu/toolkit/movement/#warm-up-cool-down). It takes 5 minutes.
4. Choose one small step for this week in My goals (vitality.sports4.eu/toolkit/forms/goal-setting).
5. Each day, fill in My week (vitality.sports4.eu/toolkit/forms/progress-log).

On your phone

- Use the menu to find a module, an exercise, a form or something to listen to.
- Your answers are saved only on this phone or computer. They are not sent to anyone. You can delete them at any time. If other people use it, delete your answers when you finish.
- Many pages have a video or an audio guide, if you prefer to watch or listen.

On paper

- You can print the whole toolkit, the forms and the exercise cards from the downloads page (vitality.sports4.eu/toolkit/downloads).
- In the printed toolkit, a QR code takes you to the same page on your phone.

Go slowly, and be kind to yourself

Start small. Going slowly is safer for your body. Do a little more each week, one step at a time.

Some days will be harder. That is normal.

Changing your plan is not failing. You can start again the next day.

The ten modules

Getting started:

- 1. Introduction and user guide (page 2)
- 2. Self-assessment and goal setting (vitality.sports4.eu/toolkit/self-assessment)

Learning and moving:

- 3. Educational modules (vitality.sports4.eu/toolkit/learn)
- 4. Movement and exercise (vitality.sports4.eu/toolkit/movement)
- 5. Digital and multimedia resources (vitality.sports4.eu/toolkit/digital)

Keeping going:

- 6. Community engagement and peer support (vitality.sports4.eu/toolkit/community)
- 7. Tracking and reflective journals (vitality.sports4.eu/toolkit/tracking)
- 8. Resource directory (vitality.sports4.eu/toolkit/directory)
- 9. Adaptation and customisation guidelines (vitality.sports4.eu/toolkit/adaptation)
- 10. Sustainability and follow-up (vitality.sports4.eu/toolkit/follow-up)

3 Cultural sensitivity note

This toolkit was written for women from many cultures and backgrounds. It uses what research says about safe and welcoming activity for migrant women.

It follows guidance from the World Health Organization. It was checked against health advice from Norway, Poland and Türkiye.

This is what the toolkit does to respect your culture and your life:

- You choose where to move: at home, outside, alone or with other women.
- Every exercise works in everyday clothes, and most can be done sitting down.
- You never have to touch anyone or hold hands.
- You can use your own music and dances, or no music at all.
- Healthy eating starts from the foods you already know.
- You choose what to share, and what to keep private.

Please make it your own. Change any exercise, time or place so it fits your body, your beliefs, your family and your day. You can read how in the personalisation tips (vitality.sports4.eu/toolkit/adaptation/#personalisation).

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Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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