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Toolkit for Inclusive Physical Literacy

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



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Toolkit for Inclusive Physical Literacy

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

Project VITALITY: Strengthening Disadvantaged Women's Health and Resilience via Culturally Adapted Physical Activity Toolkit
Project reference: 101239131

Edition 1.0, 30 September 2026

Online vitality.sports4.eu/toolkit

Made by FURIM INSTITUTT (Norway), MOBAD (Mobile Adventure, Poland) and Wellnesstech (Türkiye).

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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.

In this module

1 Welcome message 6

2 How to use the toolkit 6

3 Cultural sensitivity note 8

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 (page 24).

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 (page 39).
2. Fill in My starting point (page 12).
3. Try the warm-up (page 35). It takes 5 minutes.
4. Choose one small step for this week in My goals (page 16).
5. Each day, fill in My week (page 76).

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 5)
- 2. Self-assessment and goal setting (page 9)

Learning and moving:

- 3. Educational modules (page 23)
- 4. Movement and exercise (page 34)
- 5. Digital and multimedia resources (page 63)

Keeping going:

- 6. Community engagement and peer support (page 69)
- 7. Tracking and reflective journals (page 74)
- 8. Resource directory (page 81)
- 9. Adaptation and customisation guidelines (page 89)
- 10. Sustainability and follow-up (page 102)

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 (page 90).



Module 2 of 10

2 Self-assessment and goal setting

See where you are starting from, set a goal and one small step, and check your legs, flexibility and balance.

In this module

1	Physical literacy self-assessment	10
2	Goal setting worksheet	10
3	Baseline tracking	11

Read or listen on your phone

This module helps you see where you are starting from. Then you choose a goal and one small step.

There are three short forms. You can fill them in on your phone or on paper.

Your answers are saved only on this phone or computer. They are not sent to anyone. If other people use it, delete your answers when you finish.

This is not a test. You only compare yourself with yourself.

1 Physical literacy self-assessment

Ten quick questions about how you move now. They ask about your week, everyday movement, what your body does well and what you would like to find easier.

Here, literacy is not about reading and writing. It is about how you move and how you feel about moving.

It takes about 5 minutes.

My starting point
Ten quick questions about how you move now and what you would like to find easier.
About 5 minutes **Form on page 12**

Answer the same questions again after 3, 6 and 12 months. Then you can see what has changed.

If you have a health problem, first read who should talk to a health professional (page 39).

2 Goal setting worksheet

A goal helps you keep going. Start with one small step for this week. Then think about where you would like to be in 3 months or later.

Make your step small and easy, so you are sure you can do it. Plan when and where you will do it.

Think about what could get in your way. Then plan what you will do if it happens. For example: if it rains, then I will dance at home to 2 songs.

My goals

Choose a small step for this week and a goal for 3 months or later. Plan for what gets in the way.

About 5 minutes **Form on page 16**

Each week, tick the days you did your small step in My week (page 76).

3 Baseline tracking

Three simple checks show your starting point. They check your legs, your flexibility and your balance. The legs check shows strength and endurance: how long you can keep going.

They take about 15 minutes, with the warm-up.

Write down your results. Do the same checks again after 3, 6 and 12 months.

Compare only with your own start. There is no score to reach.

My body checks

Three simple checks of your legs, flexibility and balance. Do them now, then again after 3, 6 and 12 months.

About 15 minutes, with the warm-up **Form on page 19**

Before you start, read how to stay safe (page 39). Do the checks next to a wall, with a chair that has no wheels or arms.

Form

My starting point

Ten quick questions about how you move now and what you would like to find easier.

About 5 minutes

Fill it in on your phone

This is not a test. There are no right or wrong answers. Your answers show you where you are starting from.

Your week



	Start	3 months	6 months	12 months
Today's date				
Last week, on how many days were you active for 30 minutes or more?	days	days	days	days
Last week, on how many days did you do something to make your muscles stronger?	days	days	days	days

	Start	3 months	6 months	12 months
On a normal day, about how many hours do you sit?				
Less than 4 hours	☐	☐	☐	☐
4 to 7 hours	☐	☐	☐	☐
8 hours or more	☐	☐	☐	☐
I am not sure	☐	☐	☐	☐
When in the day could you find 10 minutes for yourself? Tick all that apply.				
Morning	☐	☐	☐	☐
Afternoon	☐	☐	☐	☐
Evening	☐	☐	☐	☐
It changes every day	☐	☐	☐	☐

Moving in daily life



	Start	3 months	6 months	12 months
Is it hard for you to walk or climb stairs?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐

	Start	3 months	6 months	12 months
Is it hard for you to carry a bag of shopping?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐
Is it hard for you to bend down to pick something up from the floor?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐

How you feel about moving



	Start	3 months	6 months	12 months
How sure are you that you can be active on 3 days a week?				
Not sure	☐	☐	☐	☐
A little sure	☐	☐	☐	☐
Very sure	☐	☐	☐	☐

	Start	3 months	6 months	12 months
What can your body do well now? Tick all that are true.				
Walk	☐	☐	☐	☐
Climb stairs	☐	☐	☐	☐
Carry things	☐	☐	☐	☐
Dance	☐	☐	☐	☐
Play with children	☐	☐	☐	☐
Stretch	☐	☐	☐	☐
Something else	☐	☐	☐	☐
What would you like to find easier? Tick up to 2.				
Walking further	☐	☐	☐	☐
Climbing stairs	☐	☐	☐	☐
Carrying things	☐	☐	☐	☐
Bending down	☐	☐	☐	☐
Feeling less tired	☐	☐	☐	☐
Something else	☐	☐	☐	☐

Keep your answers. After 3, 6 and 12 months, answer the same questions again and see what has changed.

If you have a health problem, first read who should talk to a health professional (page 39).

Form

My goals

Choose a small step for this week and a goal for 3 months or later. Plan for what gets in the way.

About 5 minutes

Fill it in on your phone

Start with one small step this week. Then think about where you would like to be in 3 months or later. You can change your goals at any time.

Why and what

Why do I want to be more active? Tick any that are true for me.

- [ ] To feel stronger
- [ ] To have more energy
- [ ] To feel calmer
- [ ] To sleep better
- [ ] To keep up with my children
- [ ] To meet other women
- [ ] Something else

What do I enjoy, or want to try? Tick all that apply.

- [ ] Walking
- [ ] Dancing to music
- [ ] Exercises at home
- [ ] Stretching
- [ ] Moving with other women
- [ ] A group only for women
- [ ] Something else

What can I use to be active? Tick all that apply.

- [ ] A chair
- [ ] A wall
- [ ] Some floor space
- [ ] A safe place outside
- [ ] Someone to join me
- [ ] Something else

My goals

In 3 months or later, what would I like to be able to do?

My small step for this week

When and where will I do it?

What could get in my way

What could get in my way? Tick all that apply.

- [ ] No time
- [ ] Family and children
- [ ] Feeling tired or unwell
- [ ] Cost
- [ ] No safe place, or no place only for women
- [ ] I feel shy or unsure
- [ ] Something else

If this happens, then I will...

Who can help me or join me?

How sure am I?

How sure am I that I can do my small step?

- [ ] Not sure
- [ ] A little sure
- [ ] Very sure

Each week, tick the days you did your small step in My week (page 76).

Form

My body checks

Three simple checks of your legs, flexibility and balance. Do them now, then again after 3, 6 and 12 months.

About 15 minutes, with the warm-up

Fill it in on your phone

These three checks show your starting point. Do them again later and compare with your own start. There is no score to reach.

Before you start

- Do the warm-up (page 35) first. It takes about 5 minutes.
- Wait until you feel well, and at least a week after a fever or flu.
- If you can, do them when someone else is at home. Keep your phone near you.
- Read who should talk to a health professional first (page 39).
- Stop at once if something hurts, or if you feel dizzy or sick, your chest hurts or your heart races. Sit down and rest.
- If chest pain, a racing heart or dizziness does not go away quickly, get urgent help now. In Norway, call 113 for an ambulance, or 112 for the police. In Poland, call 112 or 999. In Türkiye, call 112.
- Read how to stay safe (page 39).

The steps here are a little different from the exercise cards. For the checks, follow these steps.

	Start	3 months	6 months	12 months
Today's date				

Legs: sit to stand in 30 seconds

You need a chair without wheels or arms, placed against a wall. You also need a timer, such as the one on your phone.

1. Sit in the middle of the chair with your feet flat on the floor.
2. Practise standing up once, slowly.
3. Start the timer. Then cross your arms and put your hands on your shoulders.
4. Stand up all the way, then sit down all the way.
5. Keep going at a steady pace for 30 seconds. Count each time you stand up. Keep breathing.
6. If you need your hands to stand up, use them.

	Start	3 months	6 months	12 months
How many times did you stand up in 30 seconds?	times	times	times	times
Did you use your hands?				
No	☐	☐	☐	☐
Yes	☐	☐	☐	☐

Flexibility: reach to your toes

You need a chair without wheels, placed against a wall. Never stretch into pain. If you have had hip or back surgery, ask your doctor first.

1. Sit on the front edge of the chair. Keep one foot flat on the floor.
2. Stretch your other leg out straight, with the heel on the floor and the toes up.
3. Put one hand on top of the other. Lean forward slowly from your hips.
4. Slide your hands down your leg until you feel a stretch. Hold for 2 seconds. Do not bounce.
5. See where your fingertips are. Then do the same with the other leg.

	Start	3 months	6 months	12 months
With your right leg straight, how far did you reach?				
Above my knee	☐	☐	☐	☐
My knee	☐	☐	☐	☐
The middle of my shin	☐	☐	☐	☐
My ankle	☐	☐	☐	☐
My toes	☐	☐	☐	☐
Past my toes	☐	☐	☐	☐
With your left leg straight, how far did you reach?				
Above my knee	☐	☐	☐	☐
My knee	☐	☐	☐	☐
The middle of my shin	☐	☐	☐	☐
My ankle	☐	☐	☐	☐
My toes	☐	☐	☐	☐
Past my toes	☐	☐	☐	☐

Balance: stand on one leg

Stand facing a wall, close enough to touch it. Use a timer, or count slowly.

1. Touch the wall with your fingertips.
2. Lift one foot a little off the floor.
3. When you feel steady, lift your fingers just off the wall. Keep them close to it.
4. Start counting when your fingers leave the wall. Stop counting when you touch the wall or put your foot down. Stop at 30.
5. Now do the same on your other leg.

	Start	3 months	6 months	12 months
How many seconds did you stand on your right leg?	seconds	seconds	seconds	seconds
How many seconds did you stand on your left leg?	seconds	seconds	seconds	seconds

Do the same checks after 3, 6 and 12 months.

Compare only with your own start. Small changes count.



3 Educational modules

Module 3 of 10

What physical literacy means, what moving does for you, eating well for less, and simple ways to feel calmer.

In this module

1	Understanding physical literacy	24
2	Benefits of an active lifestyle	26
3	Nutrition and hydration basics	27
4	Stress management and mindfulness	29

Read or listen on your phone

This module explains a few simple ideas about moving, eating and feeling calmer. There are four parts. Each one takes about 5 minutes to read.

You can start with any part.

1 Understanding 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 your own relationship with moving and being active.

It is different for every woman. It can change and grow at any age.

Four parts

- **Move:** the skills your body uses every day, like walking, bending, lifting and carrying.
- **Connect:** moving with other people, like walking with a neighbour or dancing together at a celebration (page 38).
- **Think:** knowing how to move safely and what is good for you.
- **Feel:** how you feel about moving, like enjoying it or feeling sure you can do it.

Four parts of physical literacy



Move





Think



Connect



Feel

A woman stands in the middle. Around her are four small pictures, each with one word. Move: a woman carrying two bags of shopping. Connect: two women walking and talking together. Think: a woman looking at an exercise card on her phone. Feel: a woman, happy and relaxed after a walk.

Balance, coordination, body and mind

Balance means staying steady when you stand, walk or reach. You use it when you carry a child or step onto a bus.

Coordination means making parts of your body work together. You use it when you clap in time to music or roll out dough.

Your body and your mind are linked. Being active can help you feel calmer and sleep better.

Everyone starts from their own place. Small steps help your physical literacy grow.

2 Benefits of an active lifestyle

Being active is good for your body and your mind. It is not about how your body looks.

Being active can:

- lower your risk of heart disease, type 2 diabetes, some cancers and high blood pressure
- help reduce stress
- help reduce the symptoms of anxiety and depression
- help you sleep better

It may also help you keep a healthy weight, together with the food you eat.

Being active does not replace medical care. If you have a health problem, keep seeing your doctor. Read who should talk to a health professional first (page 39).

How much is enough?

Any movement is better than none. If you are not active now, start small. Add a little more over time.

Adults should try to be active for 150 to 300 minutes a week. 150 minutes is about 30 minutes on 5 days.

This kind of activity makes your heart beat faster and you breathe faster. You can still talk, but you cannot sing.

You can split it into short parts. Even a few minutes count.

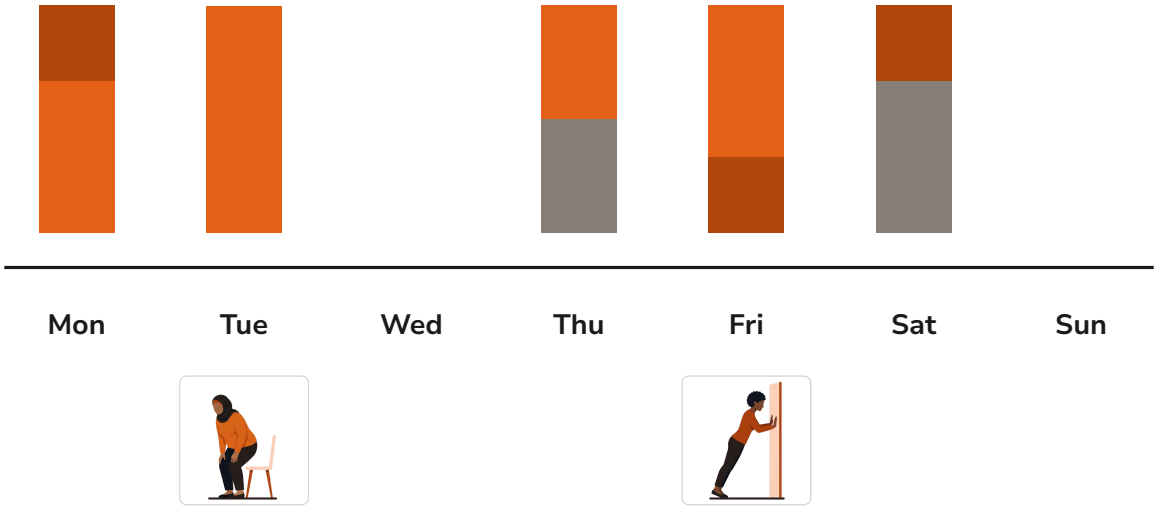
On 2 or more days a week, do something to make your muscles stronger. Try the strength exercises (page 37).

Try to sit less. Moving instead of sitting helps, even gentle movement.

Moving in daily life

- Walk part of the way to the shop or the bus stop.
- Dance to a song while you cook.
- Play active games with children.
- Take the stairs when you can.
- Stand up and move about when you have been sitting for a long time.
- Housework and caring for others count too.

A week of movement



150 to 300 minutes a week, in any way that suits you

A walk

Dancing while cooking

Playing with children

Seven days in a row, Monday to Sunday. On five days, a short bar shows about 30 minutes of activity, made of small parts: a walk, dancing while cooking, playing with children. On two of the days, a small picture shows a strength exercise. Under the row: 150 to 300 minutes a week, in any way that suits you. Any movement is better than none.

3 Nutrition and hydration basics

There is no one right way to eat well. You can make healthy meals with the foods you already know.

Food is also about family, culture and joy. Take time to enjoy your meals.

A healthy plate

A simple guide for a meal:

- Fill half your plate with vegetables and fruit.
- Fill a quarter with grains, bread or potatoes, such as bulgur, buckwheat, brown rice, oats or wholemeal bread.
- Fill a quarter with beans, lentils, chickpeas, fish, eggs, yoghurt or meat.
- Drink water with your meal.

Choose wholegrain kinds of the breads and grains you already eat.

Use less salt. Add herbs and spices for flavour.

Cook with oils like olive, rapeseed or sunflower oil more often than with butter or ghee.

A healthy plate



A round plate seen from above.

½ Half of it is vegetables and fruit.

¼ A quarter is grains, bread or potatoes, such as bulgur, buckwheat, brown rice, oats or wholemeal bread.

¼ A quarter is beans, lentils, chickpeas, fish, eggs, yoghurt or meat.

A glass of water stands next to the plate.

Eating well for less

- Plan your meals for the week and make a shopping list.
- Frozen and tinned vegetables and fruit count too. Choose tins with no added salt or sugar.
- Beans, lentils and chickpeas cost little. Use them in place of some of the meat.
- Buy fruit and vegetables that are in season.
- Cook a big pot and freeze some for later.
- Turn leftover vegetables into soup.

Water

Water is a healthy and cheap drink. Choose it instead of sweet drinks.

Try to drink 6 to 8 glasses a day. Water, milk, and tea or coffee without sugar all count.

Drink more when it is hot, or when you sweat while you are active.

If a doctor or nurse has told you to drink less, follow their advice.

Being active while you fast

If you fast, for example in Ramadan:

- keep your activity gentle, like walking or stretching
- a good time is at the end of the day, shortly before you can eat and drink again
- drink plenty of water between sunset and dawn
- if you feel dizzy or sick, stop and rest

Talk to your doctor or midwife before you fast if you are pregnant or breastfeeding. Do the same if you have a health problem or take medicine.

Read how to move safely (page 39).

Do you need special food or drinks?

No. For gentle exercise, your usual meals and water are enough. You do not need sports drinks or powders for this.

4 Stress management and mindfulness

Stress is a feeling of worry or tension when life is hard. Everyone feels stress sometimes. It can make it hard to sleep, and you may eat more or less than usual.

Being active can help reduce stress. Moving will not make your problems go away. But it can make strong feelings a little easier to handle.

Two things to try



Calm breathing
Gentle, standing or sitting
page 32



One-minute pause
Gentle, standing or sitting
page 33

You can also listen to them: calm breathing (page 118) and one-minute pause (page 119).

Mindfulness means paying attention to what is happening inside you and around you, moment by moment. The one-minute pause is a short way to try it.

Gentle stretching and slow breathing

Slow stretching can help your body relax. Try these, and breathe slowly as you move:



Neck turn
Gentle, sitting
page 47



Shoulder rolls
Gentle, standing or sitting
page 43



Chest stretch
Gentle, standing or sitting
page 49



Side bend
Gentle, standing or sitting
page 50

Take care

- Before you stretch, read how to move safely (page 39).
- You can stop at any time.
- You can keep your eyes open.
- If you feel dizzy, breathe in your normal way.
- These exercises are not right for everyone. If one makes you feel worse, stop.
- Sometimes quiet exercises bring back hard memories. That is OK. You can stop.

When to get help

If stress makes it hard to cope, talk to a doctor, a health worker or someone you trust.

Someone to talk to:

- In Norway, call 116 123. This free helpline is run by Mental Helse. It is open day and night.
- In Poland, call 116 123. This helpline is for people in emotional crisis. It is open day and night.
- In Türkiye, talk to your doctor.

If you or someone else is in danger right now, get help. In Norway, call 113 for an ambulance, or 112 for the police. In Poland, call 112 or 999. In Türkiye, call 112.

More help in your language

The World Health Organization has a free picture guide for hard times. It is called Doing What Matters in Times of Stress. You can read it in:

- Arabic (iris.who.int/server/api/core/bitstreams/b71dec0d-5e19-45c8-8ca4-44fab201bb16/content)
- Dari (iris.who.int/server/api/core/bitstreams/f6ad1382-7abf-4efb-8ed9-27ea48c08d61/content)
- English (iris.who.int/server/api/core/bitstreams/65bb7c04-5180-4773-a0d8-0d5be2cc35a0/content)
- Polish (iris.who.int/handle/10665/366709)
- Tigrinya (iris.who.int/server/api/core/bitstreams/def6d741-edde-47fa-9e8e-63a1fca3a6ed/content)
- Turkish (iris.who.int/handle/10665/333917)
- Ukrainian (iris.who.int/handle/10665/339150)

The guide is also in many other languages (www.who.int/publications/i/item/9789240003927).

Calm breathing

Slow, gentle breathing that can help you feel calmer.

Breathing

Time	**About 5 minutes**
Level	**Gentle**
Position	**Standing or sitting**
Equipment	**None**
Space	**A chair with a back, or anywhere you can sit, stand or lie down**

⚠ Stay safe

- If you feel dizzy, go back to your normal breathing.
- You can stop at any time.
- If it makes you feel worse, stop.

How to stay safe: page 39



Step by step

1. Sit on a chair with a back, or stand, or lie down. If you sit or stand, put your feet flat on the floor.
2. Let your shoulders drop. You can keep your eyes open.
3. Breathe in gently through your nose. Count slowly to 5 if it helps.
4. Let the air flow out gently through your mouth. Count to 5 again if you like.
5. Keep going for about 5 minutes. Do not force your breath or hold it.

Make it fit you

Easier

Count to 3 instead of 5. Or just notice your breath without counting.

Harder

Do it every day, at a time that suits you.

On your phone

One-minute pause

Breathing

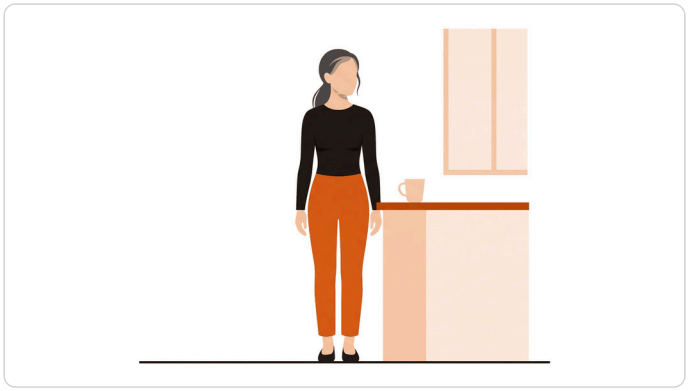
A short break to notice how you feel and come back to the moment.

Time	About 1 minute
Level	Gentle
Position	Standing or sitting
Equipment	None
Space	Anywhere

Stay safe

- This is not right for everyone. If it makes you feel worse, stop.

How to stay safe: page 39



Step by step

1. Stop what you are doing. Sit or stand, with your eyes open.
2. Notice how you feel. Name it quietly to yourself, like "this is worry".
3. Press your feet slowly into the floor. Breathe out slowly, and let the next breath come by itself.
4. Look around. Find three things you can see and two things you can hear.
5. Ask yourself what you need now, like water, rest or a stretch. Then go back to your day.

Make it fit you

Easier

Just press your feet into the floor and breathe out slowly.

Harder

Do it a few times a day, whenever you notice stress.

On your phone



Module 4 of 10

4 Movement and exercise

Gentle exercises for home, sitting or standing, with no special equipment, and how to warm up, cool down and stay safe.

In this module

1 Warm-up and cool-down routines 35

2 Beginner exercise library 37

3 Culturally relevant movement options 38

4 Safety guidelines 39

Read or listen on your phone

This module helps you move more at home. You need no special equipment. A chair, a wall and a little floor space are enough.

There are four parts. You can start with any of them. Every exercise has an easier way, and most can be done sitting down.

Before you start, read how to stay safe (page 39).

1 Warm-up and cool-down routines

A warm-up gets your body ready to move. It also helps to prevent injury. A cool-down helps your heartbeat slow down gradually.

Each routine takes about 5 minutes. You can sit or stand for most of the moves.

Warm-up: about 5 minutes

Do each move for about 1 minute. If you finish the count on the card early, do it again. Start slowly and gently.



1 March on the spot (page 42)



2 Shoulder rolls (page 43)



3 Side taps (page 44)



4 Knee lifts (page 45)

Finish with 1 more minute of marching on the spot. Now you are ready.

Watch or listen

Warm-up routine

vitality.sports4.eu/toolkit/listen/warm-up-routine

The words are printed on page 115.

Cool-down: about 5 minutes

When you finish exercising, slow down gently. Do not stop all at once.



1 March on the spot (page 42), slowly. Let your pace drop for about 1 minute.



2 Chest stretch (page 49)



3 Side bend (page 50)



4 Back of thigh stretch (page 51)

After a walk, add the calf stretch (page 52).

Then sit quietly and try the one-minute pause (page 33).

Watch or listen

Cool-down routine

vitality.sports4.eu/toolkit/listen/cool-down-routine

The words are printed on page 112.

2 Beginner exercise library

These exercises are gentle. You can do them in a small space. You do not need special clothes or equipment.

Pick one or two to start. You do not need to do them all. Do a few, and add a little more each week.

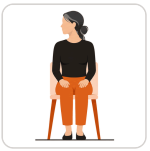
Try to do exercises that make your muscles stronger on 2 or more days a week.

Walking



Brisk walk
Moderate, standing or sitting
page 46

Stretching



Neck turn
Gentle, sitting
page 47



Upper body twist
Gentle, sitting
page 48



Chest stretch
Gentle, standing or sitting
page 49



Side bend
Gentle, standing or sitting
page 50



Back of thigh stretch
Gentle, standing or sitting
page 51



Calf stretch
Gentle, standing
page 52

Watch or listen

Gentle stretching

vitality.sports4.eu/toolkit/listen/stretching
The words are printed on page 114.

Strength



Sit to stand
Gentle, standing
page 53



Wall press-up
Gentle, standing
page 54



Heel raises
Gentle, standing or sitting
page 55



Arm curls with water bottles
Gentle, standing or sitting
page 56

Watch or listen

Simple strength

vitality.sports4.eu/toolkit/listen/strength
The words are printed on page 113.

Balance

Do these next to a wall or a chair without wheels, so you can hold on.



One-leg stand
Moderate, standing
page 57



Heel-to-toe walk
Moderate, standing
page 58



Side steps
Gentle, standing
page 59

Watch or listen

Balance

vitality.sports4.eu/toolkit/listen/balance
The words are printed on page 111.

3 Culturally relevant movement options

Dancing to music is a good way to move. You can use the dances and songs you already know. Everyday things count too, like a walk with a friend or games with children.

You can make any dance gentle:

- Choose slower music.
- Leave out jumps, hops and stamping.
- Sit down and move your arms and feet.

You can dance alone at home, or with other women. You do not need to hold hands.

Here are three ideas to start. Each one is inspired by a dance that people do together in a group.



Procession walk
Gentle, standing or sitting
page 60



Side-step line
Gentle, standing or sitting
page 61



Singing ring
Gentle, standing or sitting
page 62

The procession walk is inspired by the Polish polonaise. It is not fast, so people with no experience can join in.

The side-step line is inspired by line dances such as halay and dabke. The singing ring is inspired by Norwegian song dances and Ukrainian spring circle dances.

4 Safety guidelines

Most people can start moving safely if they start small. This part tells you how to keep it safe.

This is general information. It is not medical advice.

Know your limits

Start with a little. Do a bit more each week. Add one thing at a time: one more minute, one more repeat, or one more day.

When you move, it is normal to breathe faster and feel your heart beat faster. Use the talk test: you should still be able to talk. If you cannot talk, slow down or stop and rest.

Rest when you need to.

Move safely

- Use a solid chair with no wheels.
- Clear the floor so you do not trip.
- Wear comfortable clothes and shoes. Or go barefoot on a floor that does not slip.
- Keep some water nearby.
- Do balance exercises next to a wall or a chair.

Make an exercise easier

- Move more slowly.
- Make the movement smaller.
- Do fewer.
- Sit down. Most exercises have a seated way.
- Hold on to a wall or the back of a chair.

Each exercise shows an easier way. If it still does not feel right, stop. Choose a different exercise.

Stop and rest if

- you feel pain
- you feel dizzy, light-headed, sick or unwell
- your chest hurts or feels tight
- your heart pounds, flutters or skips, or races much faster than usual
- you are so out of breath that you cannot talk

Sit down and rest. If chest pain, a racing heart or dizziness does not go away quickly, get urgent help now.

If any of these happened, talk to a health professional before you exercise again.

Talk to a health professional first if

Talk to a health professional before you start, or before you do more, if:

- a doctor has told you that you have a heart problem or high blood pressure
- a doctor has told you to be careful with exercise
- you have had chest pain, felt dizzy or fainted in the last 12 months
- you have a long-term health problem, such as diabetes or asthma
- you take medicine for a long-term health problem
- pain, swelling or an injury makes it hard to move
- you are pregnant, or you had a baby in the last few months

A health professional can be your doctor, nurse, midwife or physiotherapist.

If you have a cold or a fever, wait until you feel better.

If you are pregnant or had a baby recently, being active is still good for you. Ask your midwife or doctor what is right for you.

Get urgent help now if

- chest pain or pressure lasts more than 5 minutes, or spreads to your arm, neck, jaw, back or stomach
- you have chest pain and you also feel sweaty, sick, light-headed or short of breath
- you are gasping or choking, and you find it very hard to breathe
- someone faints while exercising
- your heart races and does not slow down when you rest
- your heart races and you also have chest pain, feel faint or are short of breath
- one side of your face droops, an arm suddenly feels weak, or your speech is suddenly slurred

Call the emergency number:

- In Norway, call 113. (112 is the police.)
- In Poland, call 112 or 999.
- In Türkiye, call 112.
- Anywhere in the European Union, you can call 112.

Do not drive yourself to hospital.

Warm-up

March on the spot

A gentle start that gets your body ready to move.

Time **1 to 2 minutes**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

Stay safe

- Hold a wall or chair if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

Standing



1 Stand tall with your feet a little apart. Or sit near the front of a chair.

Sitting





2 Stay in one place. Lift one foot off the floor, then put it down.





3 Now lift the other foot. Keep going at a steady, easy pace.

4 Swing your arms gently as you march.



Make it fit you

Easier

Lift your feet only a little. Hold a wall or chair if you need to.

Harder

Lift your knees higher and march a little faster.

On your phone

Shoulder rolls

Loosens your shoulders and upper back.

Warm-up

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **Any small space**

Stay safe

- Move slowly.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

Standing



1 Sit or stand tall. Let your arms hang loose.

Sitting





2 Lift your shoulders up towards your ears.





3 Roll them back and down in a slow circle.

4 Do this 5 times. Then roll them forwards 5 times.



Make it fit you

Easier

Make the circles smaller.

Harder

Keep marching on the spot while you roll your shoulders.

On your phone

Warm-up

Side taps

Warms up your hips and legs.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

Stay safe

- Hold a wall or chair if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

Standing



1 Sit or stand with your feet a little apart.

Sitting





2 Move one foot out to the side and tap the floor with your toes.

3 Bring it back.





4 Now tap with the other foot. Do 8 taps on each side.



Make it fit you

Easier

Tap closer to your other foot. Hold a chair with one hand.

Harder

Lift your arms out to the side as you tap.

On your phone

Knee lifts

Warm-up

Warms up your legs and hips.

Time **About 1 minute**
Level **Gentle**
Position **Standing or sitting**
Equipment **None**
Space **A little floor space, or a chair without wheels**

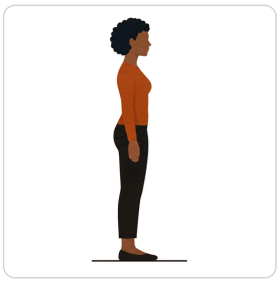
Stay safe

- Do not lean back.
- Hold a wall or chair if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

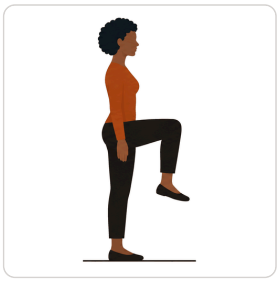
Standing



1 Sit or stand tall. Keep your back straight.

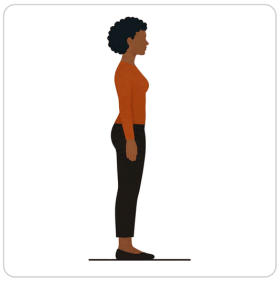
Sitting





2 Slowly lift one knee, only as high as feels comfortable.





3 Lower your foot gently to the floor.
4 Now lift the other knee. Do 8 on each side.



Make it fit you

Easier
Lift your knee only a little.

Harder
Touch each knee with the opposite hand as it comes up.

On your phone

Walking

Brisk walk

An everyday way to be active. Brisk means you can talk, but not sing.

Time	**5 to 10 minutes in all, to start**
Level	**Moderate**
Position	**Standing or sitting**
Equipment	**Comfortable shoes**
Space	**A route where you feel safe, or a room or corridor**

⚠ Stay safe

- Choose a route where you feel safe.
- Turn back before you feel tired. You still have to walk home.
- Wear comfortable shoes that support your feet.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39



Step by step

1. Walk slowly for the first few minutes.
2. Then walk a little faster. You can still talk, but you cannot sing.
3. Keep up this pace for a few minutes.
4. Slow down again for the last few minutes.

Sitting down

Sit near the front of a chair and march your feet, as in March on the spot.

Make it fit you

Easier

Walk slowly, or for a few minutes only. At home, march on the spot instead.

Harder

Add a few minutes each week, or walk on more days.

On your phone

Stretching

Neck turn

Gently moves your neck from side to side.

Time **About 1 minute**
Level **Gentle**
Position **Sitting**
Equipment **None**
Space **A chair without wheels**

Stay safe

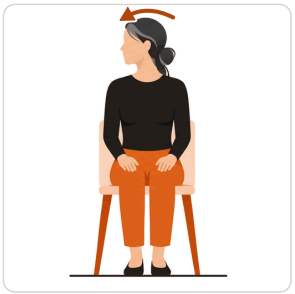
- Move slowly.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

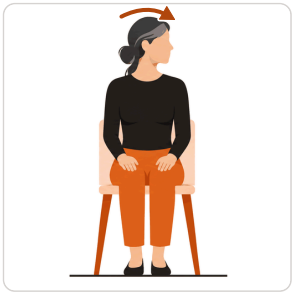


1 Sit tall with your shoulders down. Look straight ahead.



2 Slowly turn your head towards one shoulder, as far as feels comfortable.

3 Hold for 5 seconds. Keep breathing.



4 Turn back to the middle, then to the other side. Do 3 on each side.

Make it fit you

Easier
Turn your head only a little way.

Harder
Hold each turn a little longer.

On your phone

Stretching

Upper body twist

Gently turns your upper back and waist.

Time **About 1 minute**
Level **Gentle**
Position **Sitting**
Equipment **None**
Space **A chair without wheels**

⚠ Stay safe

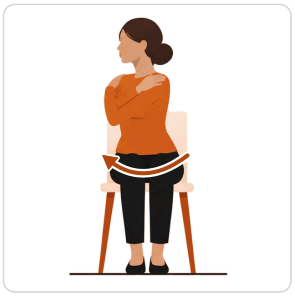
- Turn slowly, and only as far as is comfortable.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

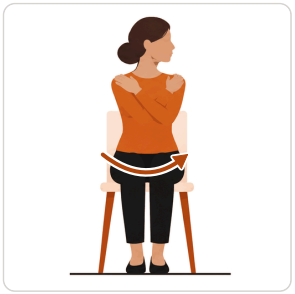
Step by step



1. Sit tall with your feet flat on the floor.
2. Cross your arms and put your hands on your shoulders.



3. Keep your hips still. Slowly turn your upper body to one side.
4. Hold for 5 seconds, then turn back to the middle. Keep breathing.



5. Now turn to the other side. Do 5 on each side.

Make it fit you

Easier
Turn only a little way.

Harder
Hold each turn a little longer.

On your phone

Stretching

Chest stretch

Stretches the front of your chest and shoulders.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A chair without wheels, if you sit**

Stay safe

- Stretch gently. You should feel a pull, not pain.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

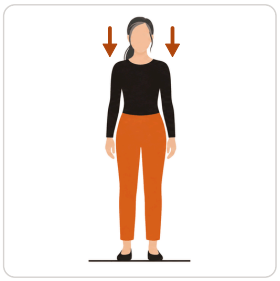
Standing



1 Sit near the front of a chair, away from the back. Or stand tall.

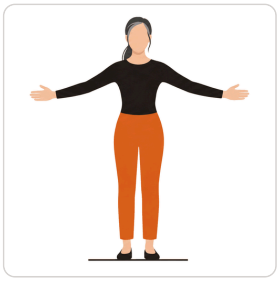
Sitting





2 Pull your shoulders back and down.





3 Open your arms out to the sides.

4 Push your chest gently forward until you feel a stretch.

5 Hold for 5 to 10 seconds, then relax. Do this 5 times. Keep breathing.



Make it fit you

Easier

Keep your arms lower and the stretch small.

Harder

Hold the stretch for longer, up to 30 seconds.

On your phone

Stretching

Side bend

Stretches the sides of your body.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, or a chair without wheels**

Stay safe

- Do not lean forwards or twist. Move slowly.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

Standing



1. Sit or stand tall with your feet apart.
2. Let your arms hang by your sides.

Sitting





3. Slowly slide one hand down the side of your leg. Keep your hips still.
4. Go only as far as feels comfortable, then come back up.





5. Now bend to the other side. Do 3 on each side.



Make it fit you

Easier

Bend only a little way.

Harder

Hold each bend for up to 10 seconds. Keep breathing.

On your phone

Stretching

Back of thigh stretch

Stretches the back of your thigh.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A little floor space, and a chair to hold if you like**

Stay safe

- Keep your back straight. Do not bounce.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 39**

Step by step

Standing



1 Stand tall. Hold the back of a chair, or rest your hands on your bent leg.

Sitting





2 Put one heel forward on the floor, toes up. Keep that leg straight.





3 Bend your other knee a little and push your bottom back.

4 Lean forward a little with a straight back, until you feel a stretch.

5 Hold for 10 seconds. Then change legs. Do 2 on each side. Keep breathing.

Sitting down

Sit near the front of a chair. Stretch one leg out with the heel on the floor. Sit tall and lean forward a little.

Make it fit you

Easier

Lean forward only a little.

Harder

Hold the stretch for longer, up to 30 seconds.

On your phone

Stretching

Calf stretch

Stretches the back of your lower leg. Good after a walk.

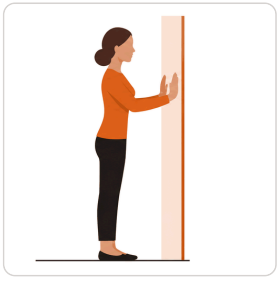
Time **About 2 minutes**
Level **Gentle**
Position **Standing**
Equipment **None**
Space **A wall, or the back of a chair**

⚠ Stay safe

- Keep your back heel on the floor. Do not bounce.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step



1. Stand facing a wall and put your hands on it. Or hold the back of a chair.



2. Step one foot back. Keep that leg straight and the heel on the floor.



3. Bend your front knee until you feel a stretch in your back leg.
4. Hold for 15 seconds. Then change legs. Do 3 on each side. Keep breathing.

Make it fit you

Easier

Take a smaller step back.

Harder

Hold the stretch for up to 20 seconds.

On your phone

Sit to stand

Strength

Works the muscles in your legs and bottom.

Time **About 1 minute**

Level **Gentle**

Position **Standing**

Equipment **None**

Space **A chair without wheels, placed against a wall**

Stay safe

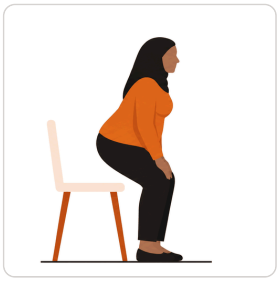
- Put the chair against a wall so it cannot slide.
- Keep breathing. Breathe out as you stand up.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step



1. Sit near the front of the chair. Put your feet flat and a little apart.



2. Lean forward a little.



3. Stand up slowly, using your legs. Look straight ahead.
4. Sit down slowly. Use your hands to guide you if you need to.
5. Do this 5 times.

Make it fit you

Easier

Push up with your hands on your thighs.

Harder

Do up to 10. Or stop just above the seat, then stand up again.

On your phone

Wall press-up

Strength

Works the muscles in your arms, chest and shoulders.

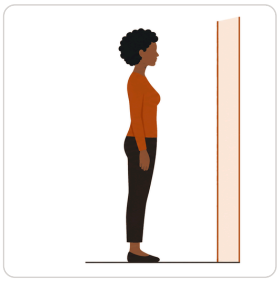
Time **About 1 minute**
Level **Gentle**
Position **Standing**
Equipment **None**
Space **A clear wall**

Stay safe

- Keep breathing. Breathe out as you push away.
- Stand on a floor that does not slip.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step



1. Stand an arm's length away from a wall.



2. Put your hands flat on the wall at shoulder height.



3. Keep your back straight. Slowly bend your elbows and bring your chest towards the wall.
4. Push back slowly until your arms are straight.
5. Do this 5 times.

Make it fit you

Easier

Stand a little closer to the wall.

Harder

Do up to 10. Or stand a little further from the wall.

On your phone

Heel raises

Strength

Works the muscles in your lower legs.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **None**

Space **A chair without wheels, or a kitchen counter**

Stay safe

- Keep holding on if you feel unsteady.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Standing

Sitting

Step by step



1 Stand behind a chair and hold the back of it.





2 Slowly rise up onto your toes.





3 Slowly lower your heels to the floor.

4 Do this 5 times.

Sitting down

Sit with your feet flat on the floor. Lift your heels so your knees rise, then lower them.

Make it fit you

Easier

Do it sitting down.

Harder

Do up to 10. Hold the chair more lightly.

On your phone

Strength

Arm curls with water bottles

Works the muscles in the front of your arms.

Time **About 1 minute**

Level **Gentle**

Position **Standing or sitting**

Equipment **Two small bottles filled with water**

Space **A chair without wheels, if you sit**

Stay safe

- Keep your back straight and your elbows by your sides.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step

Standing



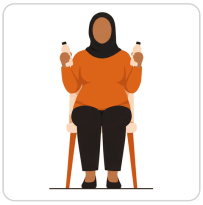
1. Sit or stand tall. Hold a bottle of water in each hand.
2. Keep your arms by your sides, palms facing forward.

Sitting





3. Slowly bend your elbows and bring the bottles up to your shoulders.





4. Lower them slowly. Do this 5 times.



Make it fit you

Easier

Use smaller bottles, or no bottles.

Harder

Do up to 10.

On your phone

Balance

One-leg stand

Practises your balance.

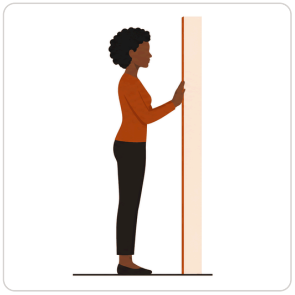
Time **About 1 minute**
Level **Moderate**
Position **Standing**
Equipment **None**
Space **A wall, or a chair without wheels**

⚠ Stay safe

- Always stay close to the wall or chair.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

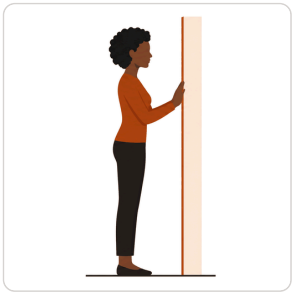
Step by step



1 Stand facing a wall. Touch it with your fingertips.



2 Lift one foot a little off the floor. Keep your hips level.
3 Hold for 5 seconds. Put your foot down gently.



4 Change legs. Do 3 on each side.

Make it fit you

Easier

Keep both hands on the wall. Lift only your heel.

Harder

Hold for up to 10 seconds. Touch the wall more lightly.

On your phone

Balance

Heel-to-toe walk

Practises your balance as you walk.

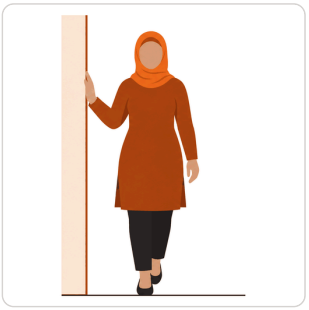
Time **About 1 minute**
Level **Moderate**
Position **Standing**
Equipment **None**
Space **A wall to walk along**

Stay safe

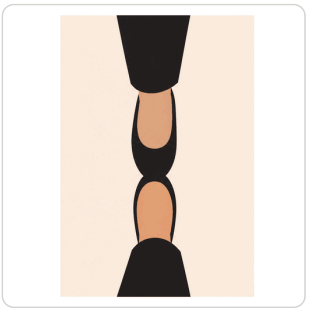
- Keep a hand near the wall all the time.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: **page 39**

Step by step



1. Stand next to a wall. Touch it with your fingertips.



2. Put one heel on the floor just in front of the toes of your other foot.
3. Now bring your back foot to the front in the same way.
4. Look ahead, not down. Take 5 steps.

Make it fit you

Easier

Leave a small gap between your heel and your toes.

Harder

Take up to 10 steps. Touch the wall more lightly.

On your phone

Balance

Side steps

Practises your balance as you move sideways.

Time **About 1 minute**

Level **Gentle**

Position **Standing**

Equipment **None**

Space **A clear stretch of floor, next to a wall or counter**

Stay safe

- Clear the floor first. Do not cross your feet.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39

Step by step



1 Stand next to a wall or counter. Put your feet together and bend your knees a little.



2 Slowly step one foot out to the side.



3 Bring your other foot to meet it.

4 Keep your hips level. Take 10 steps one way, then 10 steps back.

Make it fit you

Easier

Take small steps. Hold a counter or the back of a chair.

Harder

Take a few more steps each way.

On your phone

Procession walk

Cultural movement

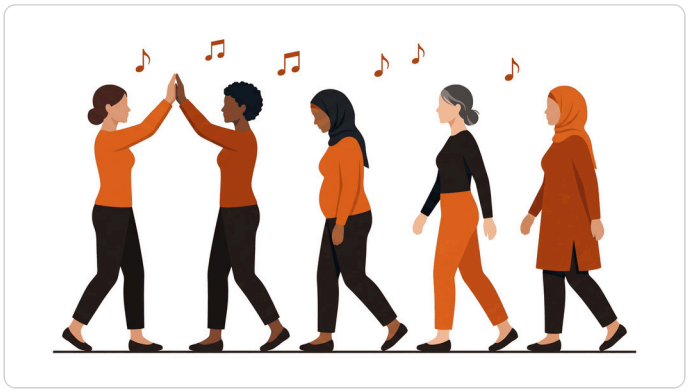
A slow walking dance, inspired by the Polish polonaise.

Time **2 to 5 minutes**
Level **Gentle**
Position **Standing or sitting**
Equipment **Music you like, if you want it**
Space **A room, a corridor or outside**

⚠ Stay safe

- Keep the floor clear.
- Make the bridge high enough to walk under easily.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39



Step by step

1. Put on slow music, or count quietly in your head.
2. Walk forward in time with the music.
3. Let your knees bend a little with each step. Move smoothly.
4. In a group, walk in a line. Two women can hold hands up high to make a bridge, if they want to. The others walk under it.

Sitting down

Sit tall and walk your feet on the spot in time with the music. Raise and lower your arms slowly.

Make it fit you

Easier

Walk more slowly. Keep your arms down.

Harder

Walk for longer, or lift your arms as you walk.

On your phone

Side-step line

Cultural movement

A side-step dance, inspired by halay and dabke.

Time **2 to 5 minutes**
Level **Gentle**
Position **Standing or sitting**
Equipment **Music you like, if you want it**
Space **A little floor space**

Stay safe

- No jumps or stamping. Keep your steps smooth and low.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39



Step by step

1. Stand in a line with other women, or on your own. Hold hands only if you want to.
2. Step to the right with your right foot.
3. Bring your left foot next to it and tap the floor.
4. Step to the left with your left foot. Bring your right foot next to it and tap the floor.
5. Keep going in time with the music.

Sitting down

Sit near the front of a chair. Tap your feet out to the side in turn, in time with the music.

Make it fit you

Easier

Make the steps small. Hold the back of a chair.

Harder

Take two steps before each tap.

On your phone

Singing ring

Cultural movement

A slow walk in a circle while you sing, inspired by Norwegian and Ukrainian circle dances.

Time **2 to 5 minutes**
Level **Gentle**
Position **Standing or sitting**
Equipment **None**
Space **A room, or outside**

Stay safe

- Leave space between people so that no one trips.
- Stop if it hurts, or if you feel dizzy or unwell.

How to stay safe: page 39



Step by step

1. Stand in a ring with other women, or walk in a small circle on your own.
2. Sing or hum a song you know. Anyone can start.
3. Turn to your left and walk slowly round the circle, in time with the song.
4. When the song ends, stop and turn to face the middle.

Sitting down Sit in a ring. Sway and tap your feet in time with the song.

Make it fit you

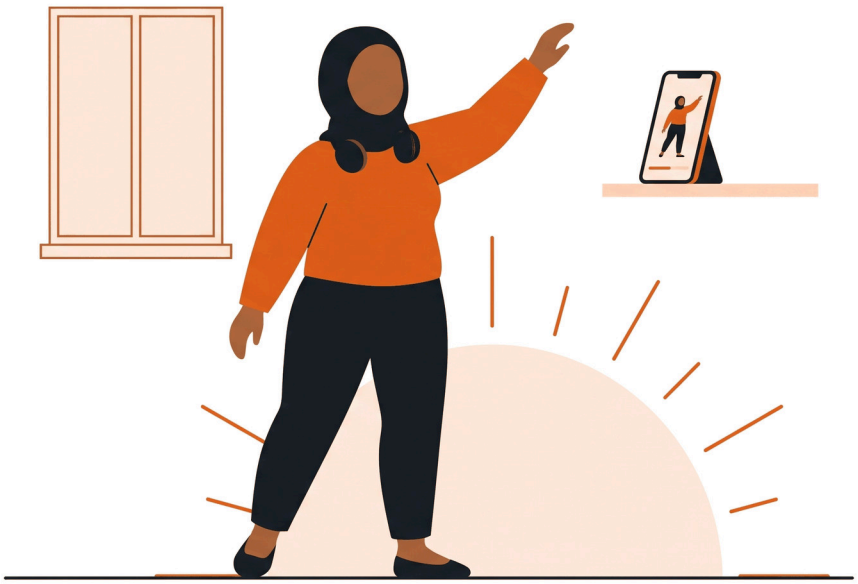
Easier

Stand still and sway from side to side while you sing.

Harder

Keep going for another song.

On your phone



Module 5 of 10

5 Digital and multimedia resources

Videos, short workouts, audio guides, talks and printable sheets, and the WhatsApp group that is coming soon.

In this module

1 Video demonstrations 64

2 Micro-workouts 65

3 Audio guides and podcasts 66

4 Printable materials 67

5 WhatsApp support groups 68

Read or listen on your phone

Some people like to read. Others like to watch or listen. This module lists the videos, audio and printable sheets in this toolkit.

It also tells you about the WhatsApp group that is coming soon.

1 Video demonstrations

Short videos show the exercises step by step. A voice describes each movement, so you can also just listen. Every video has subtitles.

The women in the videos are drawings, not photos. They are women of different backgrounds, ages and body shapes, in different clothes. In the warm-up, cool-down and morning wake-up, one woman sits and one stands, so you can see both ways.



Video, about 5 minutes

Warm-up routine

A gentle 5-minute warm-up you can do sitting or standing, with a voice that talks you through each move.

vitality.sports4.eu/toolkit/listen/warm-up-routine

The words are on page 115.



Video, about 5 minutes

Cool-down routine

A gentle 5-minute cool-down to slow down after you move, with stretches you can do sitting or standing.

vitality.sports4.eu/toolkit/listen/cool-down-routine

The words are on page 112.



Video, about 5 minutes

Gentle stretching

Six gentle stretches for your neck, back, chest, sides and legs, most of them done sitting on a chair.

vitality.sports4.eu/toolkit/listen/stretching

The words are on page 114.



Video, about 4 minutes

Simple strength

Four simple strength exercises with a chair, a wall and two bottles of water.

vitality.sports4.eu/toolkit/listen/strength

The words are on page 113.

Video, about 3 minutes

Balance

Three balance exercises you do next to a wall, so you can always hold on.

vitality.sports4.eu/toolkit/listen/balance

The words are on page 111.

2 Micro-workouts

Micro-workouts are short videos of 1 to 2 minutes, for a quick break at any time of day. They are short versions of the exercise cards. You can watch them here and share them with friends.

Video, about 2 minutes

Morning wake-up

Two minutes of easy moves to start the day, sitting or standing.

vitality.sports4.eu/toolkit/listen/morning-wake-up

The words are on page 116.

Video, about 2 minutes

Seated break

A two-minute break you can do sitting on a chair, at home or at work.

vitality.sports4.eu/toolkit/listen/seated-break

The words are on page 117.

Video, about 2 minutes

Strength in two minutes

Two simple strength exercises in two minutes, with a chair and a wall.

vitality.sports4.eu/toolkit/listen/strength-in-two

The words are on page 117.

Video, about 1 minute

One-minute pause

A one-minute pause to notice how you feel and come back to the moment.

vitality.sports4.eu/toolkit/listen/one-minute-calm

The words are on page 116.

3 Audio guides and podcasts

If you prefer to listen, these guides and short talks are for you. You can listen here or download them. Each one also has a written version.

Exercise instructions

These videos can also be downloaded as sound only:

Video, about 5 minutes

Warm-up routine

A gentle 5-minute warm-up you can do sitting or standing, with a voice that talks you through each move.

vitality.sports4.eu/toolkit/listen/warm-up-routine

The words are on page 115.

Video, about 5 minutes

Cool-down routine

A gentle 5-minute cool-down to slow down after you move, with stretches you can do sitting or standing.

vitality.sports4.eu/toolkit/listen/cool-down-routine

The words are on page 112.

Video, about 5 minutes

Gentle stretching

Six gentle stretches for your neck, back, chest, sides and legs, most of them done sitting on a chair.

vitality.sports4.eu/toolkit/listen/stretching

The words are on page 114.

Video, about 4 minutes

Simple strength

Four simple strength exercises with a chair, a wall and two bottles of water.

vitality.sports4.eu/toolkit/listen/strength

The words are on page 113.

Video, about 3 minutes

Balance

Three balance exercises you do next to a wall, so you can always hold on.

vitality.sports4.eu/toolkit/listen/balance

The words are on page 111.

Calm and mindfulness



Audio guide, about 5 minutes

Calm breathing

A gentle breathing exercise you can do sitting, standing or lying down, to help you feel calmer.

vitality.sports4.eu/toolkit/listen/calm-breathing

The words are on page 118.



Audio guide, about 1 minute

One-minute pause

A one-minute break to notice how you feel, feel the floor under you and come back to the moment.

vitality.sports4.eu/toolkit/listen/one-minute-pause

The words are on page 119.

Short talks



Talk, about 2 minutes

Start small

A short talk about how to start moving when you have not been active for a long time.

vitality.sports4.eu/toolkit/listen/start-small

The words are on page 121.



Talk, about 2 minutes

When life gets in the way

A short talk about what to do when you stop moving for a while, and how to start again.

vitality.sports4.eu/toolkit/listen/when-life-gets-in-the-way

The words are on page 122.



Talk, about 2 minutes

Moving together

A short talk about moving with other women, with the words of two women from other projects.

vitality.sports4.eu/toolkit/listen/moving-together

The words are on page 119.

4 Printable materials

You can print this toolkit at home, at a library or at a community centre. All the files are on the downloads page (vitality.sports4.eu/toolkit/downloads).

You can print:

- the whole toolkit
- the forms, such as My starting point, My goals and My week
- the exercise cards
- the facilitator guide, for women who run a group

The forms work on paper too. You keep your own sheets. Only the feedback form is ever sent to us, and only if you choose to.

5 WhatsApp support groups

Coming soon: a VITALITY WhatsApp group for women who use this toolkit.

The group will send a short message each day with one small idea. In the group, you will be able to share what you did and encourage each other. You can also take part just by reading.

Before you join, read how to join a group safely (page 70). In most WhatsApp groups, everyone can see your phone number.

A week in the group

These are examples of the daily messages:

- Monday: Today's idea is a 5-minute walk. Tell us if you did it, or just read.
- Tuesday: Try the warm-up (page 35) today. It takes 5 minutes.
- Wednesday: How is your energy today: low, medium or high? You do not have to answer.
- Thursday: Strength day. Try sit to stand (page 53), 5 times. Put your chair against a wall first.
- Friday: Dance to one song you love. Read how to keep a dance gentle (page 38).
- Saturday: Walk with a friend, a neighbour or someone at home.
- Sunday: Rest day. Look back at your week. What went well?



Module 6 of 10

6 Community engagement and peer support

How to join online groups safely, what to share and keep private, and how to spot scams and bad advice.

In this module

1 Discussion forums and social media 70

Read or listen on your phone

Being active with other women can make it easier to get started. In an online group, you can share what you did, ask questions and encourage each other.

This module shows you how to join a group safely and keep your details private.

1 Discussion forums and social media

Before you join

- Join a group only if someone you know and trust sends you the link or adds you. This can be a friend, your group leader or an organisation you know.
- Find out who runs the group.
- Read the group rules.
- A good group has rules and people who look after it. You can leave it at any time.
- On WhatsApp, someone adds you, or sends you a link or QR code. Open it and tap "Join group".
- On Facebook, open the group and tap "Join group". A private group may ask a few questions. Then the people who run it say yes or no.

What others can see on WhatsApp

In most WhatsApp groups, everyone can see your phone number. Think about this before you join.

WhatsApp is adding usernames. With a username, people who do not have your number see the username instead. You may not have it yet.

In WhatsApp, open Settings, then Privacy, and check these:

- Groups: choose "My contacts". Then only people in your contacts can add you to a group. Others can only send you an invite.
- Profile photo: choose "My contacts" or "Nobody".
- WhatsApp help: privacy settings (faq.whatsapp.com/3307102709559968)

Facebook groups

- In a public group, anyone can see the posts and who the members are.
- In a private group, only members can see them.
- A private group can become public later. Then anyone on Facebook can see who the members are.
- Some groups let you post without your name. The people who run the group can still see who you are.
- Facebook help: public and private groups (www.facebook.com/help/220336891328465)

What to share, and what to keep private

You can share:

- what you did, like a walk or a stretch
- how you felt, and what helped you
- what was hard, and what you are proud of

Keep these private:

- your address, your phone number, where you work and where you are right now
- photos of your ID card, passport, bank card or papers with your details
- passwords, and codes that come by text message
- photos of other people, unless they say yes

Anything you post can be copied and sent on by others. So do not send other people's messages outside the group.

You can take part just by reading. You do not have to post.

Share your own experience, not medical advice. "This helped me" is fine. "You should take this" is not.

Everyone's body is different. Do not compare bodies or weight.

Scams and bad advice

- Stop, think, check. Wait if a message rushes you, scares you or offers a prize.
- Do not pay anyone online who promises help or papers. Help from UNHCR is free.
- Look at the web address before you type anything. One wrong letter can mean it is fake.
- If a friend asks for money or a code, call her on the number you already know.

- For health advice, ask: Who wrote it? Is it new? Do your country's health authorities or the World Health Organization say the same? Then ask your doctor or nurse.
- Be careful with "miracle cures", and with pills or diets that promise to fix everything.

If you lost money or gave away your details, contact your bank and the police.

Mute, leave or report

- Mute a group if there are too many messages. Nobody is told.
- You can leave a group at any time. On WhatsApp, the people who run the group are told. Other members can still see your name and number in the group's past members for up to 60 days. On Facebook, members are not told.
- On WhatsApp, you can report a person or a group that worries you. They are not told. Reporting a group also takes you out of it.
- You can also block a person. In a group you share, that person can still read what you write.
- WhatsApp help: leave a group (faq.whatsapp.com/678712076864311)
- WhatsApp help: block and report (faq.whatsapp.com/1142481766359885)
- Facebook help: leave a group (www.facebook.com/help/android-app/172944012764072)

If you start a group

- Choose two people to run it.
- Write a few short rules with the group, like the example rules that follow.
- On WhatsApp, turn on "Approve new members". Let only the people who run the group add members or share the link.
- Tell members that others in the group can usually see their phone number.
- On Facebook, make the group private.

- Tell members how to raise a problem, and that they can leave at any time.
- WhatsApp help: group admin settings (faq.whatsapp.com/526742385997912)

Example rules:

- Be kind.
- No selling, and no asking for money.
- Ask before you share a photo of someone.
- No ID or bank details.
- Share your experience, not medical advice.

For groups that meet in person, read the facilitator guide (page 92).

The VITALITY group

A VITALITY WhatsApp group for women who use this toolkit is coming soon. Read about it in WhatsApp support groups (page 68).



7

Module 7 of 10

Tracking and reflective journals

A short daily note of what you did and how you felt, and a weekly look back to plan your next small step.

In this module

1 Progress log 75

2 Reflection prompts 75

Read or listen on your phone

This module helps you keep going. A short note each day shows you what you have done. A few questions once a week help you plan your next step.

You can fill them in on your phone or on paper.

Your answers are saved only on this phone or computer. They are not sent to anyone. If other people use it, delete your answers when you finish.

1 Progress log

Writing down what you do helps you see your progress. Many people do more than they think.

Each day, write a few words about what you did and for how long. Note how you felt, your energy and what got in the way. It takes about a minute.

My week
A short note each day: what you did, how you felt, your energy and what got in the way.
About 1 minute a day **Form on page 76**

A day with no activity is fine. Everyone has days like that. Start again the next day.

2 Reflection prompts

Once a week, take a few minutes to look back.

What went well? What got in the way? What helped you?

Celebrate your small wins. One walk is a win.

Then choose your step for next week. If it was hard, make it smaller. If it was easy, add a little.

Looking back
A few questions to look back on your week, notice your small wins and choose next week's step.
About 5 minutes, once a week **Form on page 79**

After 3, 6 and 12 months, check your progress (page 105) and see what has changed.

Form

My week

A short note each day: what you did, how you felt, your energy and what got in the way.

About 1 minute a day

Fill it in on your phone

Fill it in each day. Writing it down helps you see what you have done. Many people do more than they think.

What did I do? For example: a 10-minute walk, or dancing while I cooked.
Did anything get in the way? You can leave this empty.

Monday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Tuesday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Wednesday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Thursday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Friday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Saturday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Sunday Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

A day with no activity is fine. Everyone has days like that. Start again tomorrow.

At the end of the week, fill in Looking back (page 79).

Form

Looking back

A few questions to look back on your week, notice your small wins and choose next week's step.

About 5 minutes, once a week

Fill it in on your phone

Look at your week. There are no right or wrong answers.

This week

What went well this week?

A small win I am proud of

What got in the way?

What helped me?

Next week

What will I do with my small step?

- [ ] Keep it the same
- [ ] Make it smaller
- [ ] Make it a little bigger
- [ ] Try something new

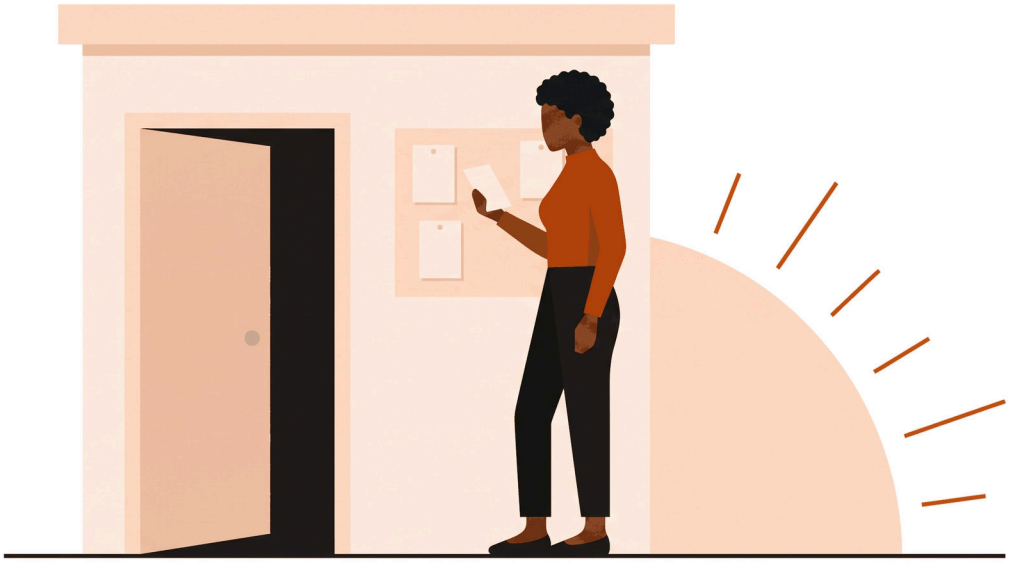
My small step for next week

Be kind to yourself

Something kind I can say to myself

For a bigger change, fill in My goals (page 16) again.

After 3, 6 and 12 months, check your progress (page 105).



8 Resource directory

Module 8 of 10

Places, websites and books that can help you move more, in Norway, Poland, Türkiye and beyond.

In this module

1 Further reading and support 82

Read or listen on your phone

This module lists places, websites and books that can help you move more. There are places in Norway, Poland and Türkiye, and some for everyone.

1 Further reading and support

We checked every place, website and book on 29 September 2026. Services change, so check the website before you go.

Each entry says who can use it, the languages and the cost, when the source says so.

Some are only for women. Some are for everyone. The books and websites are for everyone, and the entries that are only for women say so.

The list is not complete. There may be a good place near you that is not on it.

Find a place near you

- Some places in this list help you find the nearest one. Try parkrun, or the healthy life centres in Norway.
- Ask at a community centre, a women's organisation, your doctor or your municipality.
- Before you go, check who can join, the times and the cost.
- Ask if there is a group only for women, if you would like that.
- Write down the places you find, with the date you checked them.
- If you run a group, share good places with the women in it.

The facilitator guide (page 92) has more ideas for finding free places and partners.

Norway

Organisation

Frisklivssentral (Healthy Life Centre)

www.helsenorge.no/en/help-services-in-the-municipalities/healthy-life-centres

A health service in many municipalities that helps you become more active. It offers one-to-one advice and group exercise that needs little equipment, for any fitness level.

Who it is for	People with a disease or a higher risk of disease. You can contact the centre yourself or be sent by your doctor. Not every municipality has one.
Languages	Norwegian, English
Checked	29 September 2026

Norway

Organisation

MiRA-Senteret

mirasenteret.no/aktiviteter

A resource centre in Oslo for women and young girls with a minority background. It has an open house every Wednesday and activities such as dance classes.

Who it is for	Women and young girls with a minority background.
Languages	Norwegian, English
Checked	29 September 2026

Norway

Organisation

Oslo Red Cross (Oslo Røde Kors)

www.rodekors.no/lokalforeninger/oslo/aktiviteter/flyktninger-innvandrere

Stella is a meeting place in Oslo for women, and for minority women in particular. The refugee guide programme also has a walking group, and a football group for adults.

Who it is for	Stella: women. The refugee guide programme: refugees and immigrants in Oslo who speak a little Norwegian or English. The football group: people over 18.
Languages	Norwegian, English
Checked	29 September 2026

Norway

Organisation

LIN swimming course for women

www.linorg.no/kurs/svommekurs

Swimming lessons in Oslo for women with a minority background who cannot swim. The teachers are women, and only women are in the pool.

Who it is for	Women over 18 with a minority background who live in Oslo. Places fill fast, and there is a waiting list.
Languages	Norwegian, English
Cost	NOK 1,800 for 8 weeks, plus NOK 100 membership
Checked	29 September 2026

Norway

Organisation

parkrun (Norway)

www.parkrun.no

A free 5 km event every Saturday morning, with no time limit. You can walk, jog or run.

Who it is for	Anyone. You register once before your first time.
Languages	Norwegian
Cost	Free
Checked	29 September 2026

Norway

Website

helsenorge.no

www.helsenorge.no/trening-og-fysisk-aktivitet/rad-om-fysisk-aktivitet

Norway's official health website. It explains how much adults should move and says that all activity counts.

Languages	Norwegian
Cost	Free
Checked	29 September 2026

Poland

Organisation

Klub Ukraińskich Kobiet (Ukrainian Women's Club)

ukrainskidom.pl/nasze-dzialania/klub-ukrainskich-kobiet

A women's club in Warsaw run by the Ukrainian House foundation. It offers classes such as zumba, pilates, yoga and Nordic walking.

Who it is for	Women over 18 of any nationality. You sign up with the form in each announcement.
Languages	Polish, Ukrainian
Checked	29 September 2026

Poland

Organisation

Etnoliga (Fundacja dla Wolności)

www.etnoliga.org

Free football training and games in Warsaw. Women and men from many countries play in the same teams.

Who it is for	Everyone is welcome, including refugees and migrants.
Languages	English, Polish
Cost	Free
Checked	29 September 2026

Poland

Organisation

parkrun (Poland)

www.parkrun.pl

A free 5 km event every Saturday morning, with no time limit. You can walk, jog or run.

Who it is for	Anyone. You register once before your first time.
Languages	Polish
Cost	Free
Checked	29 September 2026

Türkiye

Organisation

Sağlıklı Hayat Merkezleri (Healthy Life Centres)

yalovaism.saglik.gov.tr/TR-381209/saglikli-hayat-merkezimizde-fizyoterapist-esliginde-ucretsiz-fiziksel-aktivite-danismanligi-ve-grup-egzersizleri-hizmeti-sunuluyor.html

In some Ministry of Health centres, a physiotherapist gives free advice on activity and leads free group exercise. You book through your family doctor or MHRS on 182.

Who it is for	The Yalova page says healthy people without a serious nerve, bone or joint condition, and without acute pain. The page does not say whether people under temporary or international protection can use them.
Languages	Turkish
Cost	Free
Checked	29 September 2026

Türkiye

Organisation

Halk Eğitim Merkezleri (Public Education Centres)

hbogm.meb.gov.tr/www/sss.php

Public centres across Türkiye with free courses for adults, such as swimming. You can search the courses on the e-Yaygın website.

Who it is for	Open to all. Foreign nationals can take part with permission from the governor's office.
Languages	Turkish
Cost	Free
Checked	29 September 2026

Türkiye

Organisation

KASFAD (Women's Sport and Physical Activity Association)

www.kasfad.org

An association that works to get more women into sport and physical activity. It shares reports and guides in Turkish, and its website lists no classes for the public.

Languages	Turkish
Checked	29 September 2026

Türkiye

Book

Türkiye Fiziksel Aktivite Rehberi (Türkiye Physical Activity Guide)

dosyaism.saglik.gov.tr/Eklenti/12302,2014-fiziksel-aktivite-rehberipdf.pdf?0=

T.C. Sağlık Bakanlığı, Türkiye Halk Sağlığı Kurumu, 2014. Sağlık Bakanlığı.

A free guide from the Ministry of Health. It explains how much to move at each age, with a part for adults.

Languages	Turkish
Cost	Free
Checked	29 September 2026

International

Website

World Health Organization: Physical activity

www.who.int/news-room/fact-sheets/detail/physical-activity

A short page on why moving matters and how much adults need each week.

Languages	English, Arabic, Chinese, French, Russian, Spanish
Cost	Free
Checked	29 September 2026

International

Website

Physical literacy, explained by Sport England

www.sportengland.org/news-and-inspiration/physical-literacy-consensus-statement-england-published

A page from Sport England that explains what physical literacy is and why it matters.

Languages	English
Checked	29 September 2026

International

Book

WHO guidelines on physical activity and sedentary behaviour: at a glance

www.who.int/publications/i/item/9789240014886

World Health Organization, 2020. World Health Organization.

A free short booklet from the World Health Organization. It explains how much to move each week and why sitting less helps.

Languages	English, Arabic, Chinese, French, Russian, Spanish
Cost	Free
Checked	29 September 2026

International

Book

The Joy of Movement, by Kelly McGonigal

www.penguinrandomhouse.com/books/564895/the-joy-of-movement-by-kelly-mcgonigal-phd

Kelly McGonigal, 2021. Avery (Penguin Random House).

A book about how exercise can help us find happiness, hope, connection and courage. It is not written only for women.

Languages	English, Polish (Siła aktywności)
Cost	Sold in bookshops
Checked	29 September 2026



9

Module 9 of 10

Adaptation and customisation guidelines

Make the toolkit fit your body, your culture and what you have, tell us what you think, and run a group.

In this module

1	Personalisation tips	90
2	Feedback mechanism	91
3	Facilitator guide	91

Read or listen on your phone

Every woman is different. This module helps you make the toolkit fit your body, your culture and what you have.

It also has a guide for running a group. And you can tell us what you think.

1 Personalisation tips

Fit your body

- Move more slowly, make the movement smaller, or do fewer.
- Sit down, or hold on to a wall or a chair. Most exercises have a seated way.
- Each exercise card shows an easier way and a harder way.
- Use the talk test: you should be able to talk while you move.
- If you have a health problem, first read who should talk to a health professional (page 39).

Fit your culture and your life

- Wear what you feel comfortable in. The exercises work in everyday clothes.
- Move at home, alone or with other women, if that feels better.
- Choose your own music, or no music. You can count or clap instead.
- Pick a time that fits around prayer, school and work. If you fast, read being active while you fast (page 27).
- Use the dances you already know. See culturally relevant movement (page 38).
- You never have to hold hands or touch anyone.

Fit what you have

- No equipment: use a chair without wheels, a wall or water bottles.
- Little space: choose seated exercises or exercises next to a wall.
- Little time: a few minutes count. Try 5 minutes before a meal.
- Free places: parks, community centres and free outdoor fitness areas.
- In winter, move indoors: march on the spot or dance at home.

2 Feedback mechanism

Tell us what works for you and what does not. Your answers help us improve the toolkit and make it fit women from different cultures.

Tell us what you think
A few questions about what helped you, what was hard and what we should change in the toolkit.
About 5 minutes **Form on page 99**

Do not write your name or anything about your health. You send your answers by email to info@furim.no.

FURIM, the organisation that leads VITALITY, will see your email address. Only FURIM staff read the emails. Your answers are used only to improve the toolkit.

FURIM keeps your answers without your name or email address. Then it deletes your email, within one month. Before you send, you tick a box to say you understand this.

You do not have to send an email. You can give a paper form without your name to the person who runs your group.

This website does not keep your answers.

3 Facilitator guide

Are you a community leader or a volunteer? Would you like to bring a small group of women together to move? The facilitator guide explains how.

It covers:

- asking the women what they want
- choosing a place and a time that work for them
- keeping everyone safe
- privacy, photos and consent
- a session plan you can use every week
- starting something local that lasts
- Read the facilitator guide (page 92)

On your phone

How to run gentle, safe and welcoming activity sessions for women with this toolkit, and how to start something that lasts.

For: Community leaders, volunteers and cultural mediators

This guide is for anyone who wants to help a small group of women move together. The sessions are for women only and led by a woman. You may be a community leader, a volunteer, a cultural mediator, or a woman who has used this toolkit herself.

You do not need to be a coach or a health professional. Your job is to invite, welcome and keep the group safe. The women choose what they do.

1 Your role

- You invite. You do not push.
- You show the easier way first. Each woman moves at her own pace.
- You are not a doctor, a physiotherapist or a therapist. You do not give medical advice. If someone has a health question, suggest she talks to a health professional.
- Moving can help women feel better, but it is not treatment. If a woman seems very low, worried or unwell, help her find professional help.
- You do not have to do it alone. A second leader or a helper makes it easier and safer.

2 Ask the women first

Before you plan anything, ask the women. Ask in a place they already know, with women only, and in their own language if you can.

- What would you like to do: walking, dancing, exercises, stretching?
- Which day and time suit you?
- Where would you feel comfortable?
- Do you need a place for children, or help to get there?

Ask again after a few weeks, and change what does not work.

Only offer what you can really provide. Do not promise childcare or transport that you cannot arrange.

3 Place, time and practical things

The place

- Choose a place close to where the women live.
- If possible, choose a free place: a community centre, a school hall, a library room or a park.
- If women want privacy, choose a room where people outside cannot see in.
- Say clearly in every invitation that the session is for women only and led by a woman.
- Check the room before the first session: a clear floor, chairs without wheels, water and a toilet.
- Have an indoor plan for cold, heat or rain.

The time

- Agree the day and time with the group. Think about school times, prayer times and Ramadan.
- Keep the same day and time each week. Fewer women may come in the holidays. That is normal.

Clothes

Women wear what they feel comfortable in. Choose movements that work in everyday clothes.

Children

If women bring children, plan for them. You could have a helper, a corner with toys, or a session for mothers and children together. Children need an adult watching them all the time.

Getting there

Help women travel safely. Meet at a bus stop, walk together, and finish in daylight.

Language

- Speak simply and show each movement.
- Use the pictures on the exercise cards.
- Ask a woman who speaks two languages, or a cultural mediator, to help.
- Check that everyone understood.
- Do not rely on written forms.

4 Safety

Before the first session

- Go through the safety guidelines (page 39) with the women, in their language if you can. Explain who should talk to a health professional before starting. Each woman decides for herself.
- Do not collect health information. If a woman wants to tell you something about her health, talk with her privately. You do not need to write it down.

Every session

- Know the address of the place, so you can tell an ambulance where you are.
- Carry a charged phone. Know the emergency numbers. In Norway, call 113 for an ambulance, or 112 for the police. In Poland, call 112 or 999. In Türkiye, call 112.
- Bring a first aid kit. If you can, have someone trained in first aid with you.
- Check the floor for things people could trip on. Check the weather if you are outside.
- If you can, work with a second leader.

During the session

- Remind everyone to stop and rest if something hurts, or if they feel dizzy or sick. They also stop if their chest hurts, their heart races, or they are too out of breath to talk.
- If someone feels unwell, stop the activity for her, help her sit down and stay with her.
- If chest pain, a racing heart or dizziness does not go away quickly, call the emergency number. Call at once if she faints or finds it very hard to breathe. Call at once if she has chest pain and feels sweaty or sick. Call at once if she has pain that spreads to her arm, neck, jaw or back.
- All the signs are in the safety guidelines (page 39).

5 Privacy and consent

Some women do not want to be photographed or recorded. Some have good reasons to keep who they are private. Always respect this.

Photos and videos

- Taking part never depends on being photographed or filmed.
- Take a photo or video only if every woman in it has clearly agreed. Ask each woman yourself, in her language, and explain what it is for.
- Her agreement is for that one use only. She can change her mind at any time.
- Ask everyone not to take photos or videos during the session.
- To invite women, use pictures without people in them.

Information about the women

- Count how many women come. Do not write down their names.
- Do not write down anyone's health, religion or ethnic origin. The law treats this as sensitive information. Do not note where anyone comes from either.
- For emergencies, a woman can carry her own card with the name and number of someone to call.

6 Respect in the group

- At the first session, agree simple group rules together. For example: we keep what we hear private, we respect each other, phones stay away, no photos.
- Keep it friendly, not a competition. Praise effort. Nobody is left out. A woman can just watch, or leave early. That is fine.
- Do not touch anyone to correct a movement. Show it instead. If touch would really help, ask first and explain why.
- Tell the group who they can talk to about a worry or a complaint. Keep what they tell you private, unless someone is in danger.
- Never ask for or accept anything in return for your help.

If a woman tells you she is being harmed:

- Listen and believe her. Ask what she needs. Do not push her to act.
- Tell her where she can get help, if she wants it. Before the group starts, find out where women in your area can get help.
- If she or anyone else is in danger right now, get help. In Norway, call 113 for an ambulance, or 112 for the police. In Poland, call 112 or 999. In Türkiye, call 112.

7 A session plan

Use the same order every time. It helps women feel safe. A session takes 40 to 60 minutes.

1. Welcome, about 5 minutes. Say what you will do and how long it takes.
2. Warm-up, about 5 minutes. Use the warm-up routine (page 35).
3. Main part, 20 to 30 minutes. Choose 3 or 4 exercises from the exercise library (page 37), a dance from culturally relevant movement (page 38), or a walk.
4. Cool-down, about 5 minutes. Use the cool-down routine (page 35) and the one-minute pause (page 33).
5. Closing talk, 5 to 10 minutes. What did you enjoy? What was hard? What would you like next time?

Some tips:

- Show the easier way first, then a harder way. Offer everyone a chair.
- Use the talk test: women should be able to talk while they move.
- Leave time to talk and have tea together, if you can.

8 Adapting a session

Change one thing at a time. There are four things you can change:

- **Space:** use more or less room, or stay near a wall.
- **Task:** make the movement smaller, slower or shorter, or split it into steps.
- **Equipment:** use a chair, a wall or water bottles.
- **People:** move alone, in pairs or as a whole group.

Ask the women what would make it easier or more fun. Try it, and keep what works.

For more ideas, see the personalisation tips (page 90).

9 Using the toolkit with the group

- Make sure women can take part without a smartphone. Bring printed cards and forms.
- Print the forms My starting point (page 12), My goals (page 16) and My week (page 76). Each woman keeps her own. You do not collect them.
- Play the calm breathing (page 118) guide at the end of a session.
- Read one of the stories (page 103) together and talk about it.
- After 3, 6 and 12 months, invite the women to check their progress (page 105).

10 Starting something local and keeping it going

- Start small: one walk or one session a week.
- Find a partner, such as a community centre, a women's organisation, a school, a faith community or the municipality. A partner can offer a room, help you reach women, or help keep the group going.
- Invite women who enjoy the group to help lead it. Over time, they can lead it themselves.
- Plan from the start how the group can go on without you.

Look for free local offers, and ask who can use them:

- In Norway, many municipalities have a healthy life centre (frisklivssentral). National guidance says it can offer groups for women only.
- In Poland, many places have free outdoor fitness areas (Otwarte Strefy Aktywności).
- In Türkiye, some Healthy Life Centres (Sağlıklı Hayat Merkezleri) offer free group exercise with a physiotherapist. Turkish Red Crescent community centres support local and migrant people.

11 Feedback

Ask the women what works and what does not. They can fill in the form Tell us what you think (page 99) and send it by email to info@furim.no.

They can also give you a paper form without their name. Please type the answers into an email, or send a photo of each form, to the same address. We use it to make the toolkit better.

Giving feedback is never a condition of taking part.

Form

Tell us what you think

A few questions about what helped you, what was hard and what we should change in the toolkit.

About 5 minutes

Fill it in on your phone

Please do not write your name or anything about your health. You can skip any question. You can also write your answers in an email of your own.

What you used

Which parts did you use? Tick all that apply.

- [ ] Exercises
- [ ] Videos
- [ ] Learning about health and food
- [ ] Forms to track my progress
- [ ] Audio guides
- [ ] Stories
- [ ] Something else

How did you use the toolkit? Tick all that apply.

- [ ] On my phone
- [ ] On paper
- [ ] In a group
- [ ] Something else

What you think

What helped you most?

What was hard to understand or to do?

Did the words and pictures fit your culture?

- [ ] Yes
- [ ] Partly
- [ ] No

What should we change so they fit better?

What one thing would you change?

Language

In which language would you like to read the toolkit?

Send your answers by email to info@furim.no. FURIM will see your email address. FURIM keeps your answers without your name or email address and deletes the email within one month.

If you do not want that and you are in a group, give a paper form without your name to the person who runs it. Thank you.



10

Module 10 of 10

Sustainability and follow-up

Real stories from other women, and checks after 3, 6 and 12 months to see your progress and set new goals.

In this module

1 Success stories and testimonials 103

2 Re-assessment tools 105

Read or listen on your phone

This module helps you keep going over many months. Read how other women got started. Then check your progress after 3, 6 and 12 months.

1 Success stories and testimonials

These are real stories from women in other projects. They are not part of VITALITY.

Each story was published by the organisation named with it. You can read the whole story there. Some of the full stories talk about war and hard times.

The women started in different ways: swimming, dancing, cycling, football, taekwondo or an exercise class. Some of them talk about meeting other women.

The words belong to the people who published them. They are not covered by this toolkit's licence. Tania's and Shukri's words were first published in Polish and Norwegian. We translated them into English.

Hakime

Norway

Hakime is from Afghanistan and lived in Grimstad, Norway. On Sunday mornings she went to a swimming class for women, run by volunteers.

> “ I get to talk with the other women, and we have a good time together.

Source: Crouch D. Taking the plunge: Swimming lessons help integration in Norway. UNHCR Nordic and Baltic Countries, 7 July 2017. www.unhcr.org/nordic-and-baltic/news/taking-plunge-swimming-lessons-help-integration-norway

Tania

Poland

Tania is from Luhansk in Ukraine and now lives in Białystok, Poland. At first it was hard for her to go out and meet people. Going back to taekwondo, a sport she loved as a child, helped her.

> “ In this sport, I am not aiming for big achievements.

Translated for this toolkit. In the original language: Akurat w tej dziedzinie nie stawiam sobie za cel wielkich osiągnięć

Source: Sajewicz A. Przez taekwondo do Caritasu. UNHCR Polska, 8 July 2026. www.unhcr.org/pl/wiadomosci/ludzkie-historie/przez-taekwondo-do-caritasu

Shukri
Norway

Shukri went to a Zumba class for immigrant women in Skien, Norway. A volunteer led it.

> I am tired when I get home, but I get a good feeling in my body.

Translated for this toolkit. In the original language: Jeg er sliten når jeg kommer hjem, men jeg får en god følelse i kroppen

Source: Bakkebø SH. Zumba-feber blant innvandrerkvinner. NRK Vestfold og Telemark, 13 June 2013. www.nrk.no/vestfoldogtelemark/zumba-feber-blant-innvandrerkvinner-1.11078175

Neleah
Finland

Neleah is from Kenya and lives in Finland. She was scared of swimming. In her 40s, she started lessons with a sports group for women from many cultures.

> There is no shame in learning at any age.

Source: Ramachandran D'souza P. Taking the plunge: Non-swimmers in Finland discover joy of the sport in adulthood. Yle News, 29 July 2024. yle.fi/a/74-20101605

Nazmeen
United Kingdom

Nazmeen was seeking asylum in London. She joined a women-only cycling course for beginners. Her name was changed to protect her.

> This course gave me a reason to leave the house.

Source: Shellien-Walker L. Life cycles: The project getting refugees cycling in London. UNHCR UK, 16 December 2016. www.unhcr.org/uk/news/stories/life-cycles-project-getting-refugees-cycling-london

Amal
Jordan

Amal left Syria for Jordan. Gyms there cost a lot, so she joined a Zumba class. It was at a centre run by the International Rescue Committee.

> When I found out that the IRC centre offers Zumba classes, I was very motivated to join for me, for my health.

Source: Kawar K. Counselling and Zumba classes help three generations of Syrian women find hope. International Rescue Committee UK, 13 March 2016. www.rescue.org/uk/article/counselling-and-zumba-classes-help-three-generations-syrian-women-find-hope

A woman in a study

Denmark

In Denmark, women from Somalia and other countries did a 12-week exercise programme near their homes. One of them said this afterwards.

> “ I have learned so much that I can help myself and practice at home.

Source: Thulstrup SH, Petersen S, Morsø L. Development of a supervised exercise programme for immigrant women: feasibility study of a practical intervention in a physiotherapy setting. J Rehabil Med 2021;53. doi:10.2340/16501977-2853. pmc.ncbi.nlm.nih.gov/articles/PMC8638724

Svitlana

Spain

Svitlana left Ukraine because of the war and came to Barcelona. She played football in a team for refugee women.

> “ I like it because I have made friends and I can talk to them.

Source: FC Barcelona Foundation. Aitana Bonmatí visits a training session of a soccer team of refugee women. 11 October 2022. foundation.fcbarcelona.com/en/news/3913795/aitana-bonmati-visits-a-training-session-of-a-soccer-team-of-refugee-women-on-the-occasion-of-international-day-of-the-girl-child

The quotations belong to their publishers. They are not covered by the toolkit’s licence.

2 Re-assessment tools

After 3, 6 and 12 months, check how you are doing. It takes about 25 minutes, with the warm-up.

1. Fill in My starting point (page 12) again.
2. Do My body checks (page 19) again.
3. Answer Looking back after 3, 6 and 12 months (page 107).

Compare only with your own start. Small changes count.

Changing your goals and routine

- If it went well, add a little: one more day, or a few more minutes.
- If life got in the way, make your step smaller and keep going.
- If you stopped, start again with one small step. Many people stop and start again.
- If you are bored, try something new.
- Keep a small plan for busy weeks, like 5 minutes of stretching.

Then write your next goal in My goals (page 16).

Keep going with others

Moving with other women can help you keep going. Find a place near you (page 82), or read how to join an online group safely (page 70).

Form

Looking back after 3, 6 and 12 months

Fill it in on your phone

After 3, 6 and 12 months, see what has changed, what helped and what you want to do next.

About 25 minutes, with the warm-up

First fill in your starting point and your body checks again. Then answer these questions.

Before you start

- Fill in My starting point (page 12) again.
- Do My body checks (page 19) again.
- Compare with your own start. Small changes count.

	3 months	6 months	12 months
Today's date			

What has changed

What has changed for me? Tick any that are true. If nothing has changed yet, that is fine. Keep going.

3 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

6 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

12 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

What next

What support would help me? For example: a friend to walk with, a group, or a place to be active.

3 months

What support would help me?

My goal for the next 3 months

6 months

What support would help me?

My goal for the next 3 months

12 months

What support would help me?

My goal for the next 3 months

Then choose a small step for it in My goals (page 16).

Read and follow

Here are the words of every audio guide, talk and video in this toolkit. Scan the code to open it on your phone.

Exercise videos

Video, about 3 minutes

Balance

vitality.sports4.eu/toolkit/listen/balance

Here are three balance exercises. Do them next to a wall or a chair without wheels, so you can hold on. Clear the floor first. Stop if it hurts, or if you feel dizzy or unwell.

First, the one-leg stand. Stand facing a wall. Touch it with your fingertips. Lift one foot a little off the floor. Keep your hips level. To make it easier, keep both hands on the wall and lift only your heel. Hold for five seconds. (pause) Put your foot down gently. Change legs. (pause) Do three on each side. (long pause)

Next, the heel-to-toe walk. Stand next to the wall. Touch it with your fingertips. Put one heel on the floor just in front of the toes of your other foot. To make it easier, leave a small gap between your heel and your toes. Now bring your back foot to the front in the same way. Look ahead, not down. (pause) Take five steps. (pause)

Last, side steps. Stand next to a wall or counter. Put your feet together and bend your knees a little. Slowly step one foot out to the side. Bring your other foot to meet it. Do not cross your feet. Keep your hips level. To make it easier, take small steps and hold a counter or the back of a chair. (pause) Take ten steps one way, then ten steps back. (pause)

Well done. Always stay close to the wall or a chair when you practise balance.

Video, about 5 minutes

Cool-down routine

vitality.sports4.eu/toolkit/listen/cool-down-routine

This is a gentle cool-down. It takes about five minutes. Slow down gently. Do not stop all at once. Stretch gently. You should feel a pull, not pain. Stop if it hurts, or if you feel dizzy or unwell. To make any move easier, make it smaller or slower.

First, march on the spot, slowly. Let your steps get slower and smaller. (long pause)

Now, the chest stretch. Sit near the front of a chair, away from the back. Or stand tall. Pull your shoulders back and down. Open your arms out to the sides. Push your chest gently forward until you feel a stretch. Hold for five to ten seconds. Keep breathing. Then relax. (pause) Do this five times. (pause)

Next, the side bend. Sit or stand tall with your feet apart. Let your arms hang by your sides. Slowly slide one hand down the side of your leg. Keep your hips still. Do not lean forwards or twist. Go only as far as feels comfortable. Come back up. Now bend to the other side. (pause) Do three on each side. (pause)

Now, the back of thigh stretch. Stand tall. Hold the back of a chair, or rest your hands on your bent leg. Put one heel forward on the floor, toes up. Keep that leg straight. Bend your other knee a little and push your bottom back. Lean forward a little with a straight back, until you feel a stretch. Do not bounce. Hold for ten seconds. Keep breathing. (pause) Now change legs. (pause) Do two on each side. (pause)

If you prefer to sit, sit near the front of a chair. Stretch one leg out with the heel on the floor. Sit tall and lean forward a little.

If you have been walking, add the calf stretch. Stand facing a wall with your hands on it. Step one foot back. Keep that leg straight and the heel on the floor. Bend your front knee until

you feel a stretch in your back leg. Do not bounce. Hold for fifteen seconds. Keep breathing. (pause) Then change legs. (pause) Do three on each side. (pause)

To finish, sit quietly for a minute and breathe slowly. (pause) Well done.



Video, about 4 minutes

Simple strength

vitality.sports4.eu/toolkit/listen/strength

Here are four simple exercises to make your muscles stronger. You only need a chair, a wall and two bottles of water. Try to do exercises like these on two or more days a week. Keep breathing. Stop if anything hurts, or if you feel dizzy.

First, sit to stand. Put the chair against a wall so it cannot slide. Sit near the front of the chair. Put your feet flat and a little apart. Lean forward a little. Stand up slowly, using your legs. Look straight ahead. Keep breathing. Breathe out as you stand up. If this is hard, push up with your hands on your thighs. Sit down slowly. Use your hands to guide you if you need to. (pause) Do this five times. (long pause)

Next, the wall press-up. Stand on a floor that does not slip. Stand an arm's length away from a wall. Put your hands flat on the wall at shoulder height. Keep your back straight. Slowly bend your elbows and bring your chest towards the wall. Push back slowly until your arms are straight. Breathe out as you push. To make it easier, stand a little closer to the wall. (pause) Do this five times. (long pause)

Now, heel raises. Stand behind a chair, or at a kitchen counter, and hold on. Slowly rise up onto your toes. Slowly lower your heels to the floor. Keep holding on if you feel unsteady. (pause) Do this five times. (pause) You can also do this sitting down: lift your heels so your knees rise, then lower them. (pause)

Last, arm curls with water bottles. Sit or stand tall. Hold a bottle of water in each hand. You can use smaller bottles, or no bottles. Keep your arms by your sides, palms facing forward. Slowly bend your elbows and bring the bottles up

to your shoulders. Lower them slowly. (pause) Do this five times. (pause)

Well done. When this feels easy, do a few more of each.

Video, about 5 minutes

Gentle stretching

vitality.sports4.eu/toolkit/listen/stretching

Here are six gentle stretches. Stretch slowly. You should feel a gentle pull, never pain. Stop if it hurts, or if you feel dizzy or unwell. You can stop at any time.

First, the neck turn. Sit tall with your shoulders down. Look straight ahead. Slowly turn your head towards one shoulder, as far as feels comfortable. Stop if you feel dizzy. Hold for five seconds. Keep breathing. (pause) Turn back to the middle, then to the other side. (pause) Do three on each side. (pause)

Next, the upper body twist. Sit tall with your feet flat on the floor. Cross your arms and put your hands on your shoulders. Keep your hips still. Slowly turn your upper body to one side. Hold for five seconds, then turn back to the middle. Keep breathing. Now turn to the other side. (pause) Do five on each side. (pause)

Now, the chest stretch. Sit near the front of the chair, away from the back. Pull your shoulders back and down. Open your arms out to the sides. Push your chest gently forward until you feel a stretch. Hold for five to ten seconds. Keep breathing. Then relax. (pause) Do this five times. (pause)

Next, the side bend. Let your arms hang by your sides. Slowly slide one hand down the side of your leg. Keep your hips still. Do not lean forwards or twist. Go only as far as feels comfortable. Come back up, and bend to the other side. (pause) Do three on each side. (pause)

Next, the back of thigh stretch. You can stand, or stay sitting. Hold the back of a chair, or rest your hands on your bent leg. Put one heel forward on the floor, toes up. Keep that leg straight. Bend your other knee a little and push your bottom back. Lean forward a little with a straight back, until you feel a stretch. Do not bounce. Hold for ten seconds. Keep

breathing. (pause) Change legs. (pause) Do two on each side. (pause)

If you stay sitting, sit near the front of the chair. Stretch one leg out with the heel on the floor. Sit tall and lean forward a little.

Last, the calf stretch. Stand facing a wall with your hands on it. Step one foot back. Keep that leg straight and the heel on the floor. Bend your front knee until you feel a stretch. Do not bounce. Hold for fifteen seconds. Keep breathing. (pause) Change legs. (pause) Do three on each side. (pause)

Well done. Stretching gently like this can help your body relax.



Video, about 5 minutes

Warm-up routine

vitality.sports4.eu/toolkit/listen/warm-up-routine

Welcome. This is a gentle warm-up. It takes about five minutes. Do each move for about one minute. You can do every move sitting on a chair or standing up. Choose what feels right for you today. To make any move easier, make it smaller or slower. If anything hurts, or you feel dizzy or unwell, stop and rest. If you feel unsteady, hold a wall or a chair.

First, march on the spot. Stand tall with your feet a little apart. Or sit near the front of a chair. Lift one foot off the floor, then put it down. Now lift the other foot. Keep going at a steady, easy pace. Swing your arms gently as you march. (pause)

Keep marching. (pause) Good.

Now, shoulder rolls. Let your arms hang loose. Lift your shoulders up towards your ears. Roll them back and down in a slow circle. Do this five times. (pause) Now roll them forwards, five times. (long pause)

Next, side taps. Move one foot out to the side and tap the floor with your toes. Bring it back. Now tap with the other foot. Keep going. Eight taps on each side. (long pause)

Now, knee lifts. Keep your back straight. Do not lean back. Slowly lift one knee, only as high as feels comfortable.

Lower your foot gently to the floor. Now lift the other knee. Do eight on each side. (long pause)

To finish, march on the spot again for one minute. (long pause)

Your warm-up is done. Your body is ready to move.

Short workouts, 1 to 2 minutes

Video, about 2 minutes

Morning wake-up

vitality.sports4.eu/toolkit/listen/morning-wake-up

Good morning. Two minutes to wake up your body. Sit or stand. If you feel unsteady, hold a chair. Stop if it hurts, or if you feel dizzy or unwell.

March on the spot. Lift one foot, then the other. Swing your arms gently. (long pause)

Now roll your shoulders. Up, back and down. Five times. (pause) Now roll them forwards, five times. (pause)

Now side taps. Tap one foot out to the side, and bring it back. Then the other foot. Eight taps on each side. (long pause)

That is it. Have a good day.

Video, about 1 minute

One-minute pause

vitality.sports4.eu/toolkit/listen/one-minute-calm

Stop for one minute. Sit or stand. Keep your eyes open. If this makes you feel worse, stop. (pause)

Notice how you feel. Name it quietly to yourself, like "this is worry". (pause)

Press your feet into the floor. Breathe out slowly. Let the next breath come by itself. (pause)

Look around. Find three things you can see, and two things you can hear. (pause)

What do you need now? Water, rest, or a stretch? (pause) Now go back to your day.

Video, about 2 minutes

Seated break

vitality.sports4.eu/toolkit/listen/seated-break

Have you been sitting for a long time? Here is a two-minute break. You can stay in your chair. Stop if anything hurts.

Sit tall and look ahead. Move slowly. Stop if you feel dizzy. Slowly turn your head to one side, and back to the middle. Then to the other side. (pause) Once more on each side. (pause)

Now cross your arms and put your hands on your shoulders. Keep your hips still. Slowly turn your upper body to one side, and back. Then to the other side. (pause)

Now put your feet flat on the floor. Lift your heels so your knees rise, then lower them. Five times. (pause)

Well done. Moving instead of sitting is good for you, even for a few minutes.

Video, about 2 minutes

Strength in two minutes

vitality.sports4.eu/toolkit/listen/strength-in-two

Two minutes to make your legs and arms stronger. You need a chair against a wall. Stop if anything hurts, or if you feel dizzy.

Sit near the front of the chair, feet flat. Lean forward a little. Stand up slowly, using your legs. Keep breathing. Breathe out as you stand up. If this is hard, push up with your hands on your thighs. Sit down slowly. (pause) Five times. (long pause)

Now stand an arm's length from the wall, on a floor that does not slip. Hands flat on the wall at shoulder height. Bend your elbows and bring your chest towards the wall. Push back slowly. Breathe out as you push. To make it easier, stand a little closer to the wall. (pause) Five times. (long pause)

Done. Well done.

Audio guides

Audio guide, about 5 minutes

Calm breathing

vitality.sports4.eu/toolkit/listen/calm-breathing

Hello. This is a calm breathing exercise from VITALITY, a sport project for women, co-funded by the European Union through Erasmus+. It takes about five minutes. You can stop at any time. If it makes you feel worse, stop.

Sit on a chair with a back. Or stand, or lie down. If you sit or stand, put your feet flat on the floor. (pause)

Let your shoulders drop. You can keep your eyes open. (pause)

If five is too long, count to three. (pause)

Now breathe in gently through your nose. One. Two. Three. Four. Five.

Let the air flow out gently through your mouth. One. Two. Three. Four. Five. (pause)

Again. Breathe in through your nose. One. Two. Three. Four. Five.

And out through your mouth. One. Two. Three. Four. Five. (pause)

You do not need to take a big breath. Do not hold your breath. Let it be slow and easy. (pause)

In through your nose. One. Two. Three. Four. Five.

Out through your mouth. One. Two. Three. Four. Five. (pause)

If you feel dizzy, stop counting and breathe in your normal way. (pause)

Now keep going on your own for a few minutes. Breathe in gently, and breathe out gently. I will be quiet for a while. (long pause)

In through your nose. One. Two. Three. Four. Five.

Out through your mouth. One. Two. Three. Four. Five. (pause)

Now let your breathing go back to normal. Notice how you feel. (pause)

That is the end of the exercise. You can do it any time and anywhere. It works best if you do it every day.



Audio guide, about 1 minute

One-minute pause

vitality.sports4.eu/toolkit/listen/one-minute-pause

This is a one-minute pause from VITALITY, a sport project for women, co-funded by the European Union through Erasmus+. You can sit or stand. Keep your eyes open. If this makes you feel worse, stop.

Stop what you are doing. (pause)

Notice how you feel right now. Name it quietly to yourself. Maybe "this is worry", or "this is tiredness". (pause)

Press your feet slowly into the floor. Feel the floor under you. (pause)

Breathe out slowly. Let the next breath come by itself. (pause)

Now look around you. Find three things you can see. (pause) And two things you can hear. (pause)

Ask yourself what you need now. Maybe some water, a rest or a stretch. (pause)

That is your pause. When you are ready, go back to your day.

Short talks



Talk, about 2 minutes

Moving together

vitality.sports4.eu/toolkit/listen/moving-together

Speaker 1: Hello, and welcome to VITALITY, a sport project for women, co-funded by the European Union through Erasmus+.

Speaker 2: This short talk is about moving together with other women. It takes about two minutes.

Speaker 1: Being active with other people can give you a feeling of being together.

Speaker 2: It can also make it easier to keep going.

Speaker 1: In the stories in this toolkit, some women talk about the friends they made.

Speaker 2: One of them is Hakime. She is from Afghanistan. UNHCR, the UN refugee agency, wrote about her. At that time, she lived in Norway and went to a swimming class for women.

Speaker 1: She told UNHCR what she liked about it. "I get to talk with the other women, and we have a good time together."

Speaker 2: Svitlana left Ukraine because of the war. She played football with other refugee women in Barcelona.

Speaker 1: The FC Barcelona Foundation shared what she said about it. "I like it because I have made friends and I can talk to them."

Speaker 2: But you do not need a team or a sports club.

Speaker 1: No. You can start with one other woman. Ask a neighbour to walk with you.

Speaker 2: Ask a friend to try the warm-up with you. Or dance together in the kitchen.

Speaker 1: You can also join a group for women. It can meet in person, or online on your phone.

Speaker 2: You decide how much you share. You can also just listen.

Speaker 1: If you join an online group, keep your details private. The toolkit explains how.

Speaker 2: Would you like to start a small group yourself? The facilitator guide, for group leaders, explains how to begin.

Speaker 1: The words of Hakime and Svitlana belong to UNHCR and the FC Barcelona Foundation. They are not covered by this toolkit's licence.

Speaker 2: Thank you for listening. Who could you move with this week?

Talk, about 2 minutes

Start small

vitality.sports4.eu/toolkit/listen/start-small

Speaker 1: Hello, and welcome to VITALITY, a sport project for women, co-funded by the European Union through Erasmus+.

Speaker 2: In this short talk, we look at how to start moving. It takes about two minutes.

Speaker 1: Maybe you have not been active for a long time.

Speaker 2: Or maybe you feel you do not have the time, the energy or the right place.

Speaker 1: You are not alone. And here is some good news. Any movement is better than none.

Speaker 2: So you do not need a gym?

Speaker 1: No. You do not need a gym, special clothes or a lot of time. Housework counts. Walking to the shop counts.

Speaker 2: And a few minutes count too.

Speaker 1: Yes. So start small. Choose one thing you can do today.

Speaker 2: Like what?

Speaker 1: It can be a five-minute walk. It can be dancing to one song while you cook.

Speaker 2: Or standing up and stretching after you have been sitting for a long time.

Speaker 1: If you have a health problem or are pregnant, talk to a health professional about what is right for you.

Speaker 2: And if anything hurts, stop and rest.

Speaker 1: Make your step so small that you are sure you can do it. Then do it again tomorrow, or the day after.

Speaker 2: And when it feels easy?

Speaker 1: Add a little. One more minute. Or one more day. Change one thing at a time.

Speaker 2: It also helps to plan when and where. For example: after lunch, on the street near my home.

Speaker 1: A plan makes it easier to keep going. If you like, write it down, on paper or on your phone.

Speaker 2: A note shows you what you have done. Many people do more than they think.

Speaker 1: And be kind to yourself. Some days will be harder. That is fine.

Speaker 2: You can start again the next day.

Speaker 1: You will find ideas for your first step in this toolkit. Try the warm-up, or one of the short exercises.

Speaker 2: Thank you for listening. Take care, and start small.



Talk, about 2 minutes

When life gets in the way

vitality.sports4.eu/toolkit/listen/when-life-gets-in-the-way

Speaker 1: Hello, and welcome to VITALITY, a sport project for women, co-funded by the European Union through Erasmus+.

Speaker 2: This short talk is about what to do when life gets in the way. It takes about two minutes.

Speaker 1: Sometimes it is hard to keep going. A child is ill. Work changes.

Speaker 2: It is too cold, or too hot. You feel tired, or sad.

Speaker 1: Maybe you have not moved for a week, or a month.

Speaker 2: This happens to many people. Stopping and starting again is normal.

Speaker 1: It does not mean you have failed.

Speaker 2: So what can help?

Speaker 1: Make your step smaller. If thirty minutes is too much, try five.

Speaker 2: And if five minutes is too much, try one song.

Speaker 1: Keep a small plan for busy weeks. For example: five minutes of stretching before bed.

Speaker 2: You can also move at home. March on the spot while the water boils.

Speaker 1: Or dance to one song you love.

Speaker 2: If you fast, keep your activity gentle. A good time is near the end of the day, shortly before you can eat and drink again.

Speaker 1: If you are unwell, rest. When you feel better, start again gently.

Speaker 2: And if you are worried about your health, talk to a health professional.

Speaker 1: Think about what helped you before. What made it easier? Can you do that again?

Speaker 2: And ask for help. A friend, a neighbour or a group can make it easier to keep going.

Speaker 1: You can start again at any time, with one small step.

Speaker 2: Thank you for listening.

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