



Middlesex University Sport & Recreation encourage you to sign a pledge to Be Active, More Often, and we challenge you to complete 10 Be Active tips during one week. You will receive a free resistance band and could win a T-shirt, Pedometer or Fitness Tracker.



The Pledge

I acknowledge that being less sedentary, and moving more, will have positive benefits for my health, and I hereby commit to being More Active and Moving More.

Name	Signature
Date	Course / Job Title
Email	Student / Staff
I was told about the pledge by (please give name of person)	

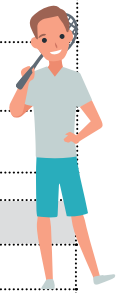
Fast Start to Moving More

Now you've signed the pledge to Be Active, More Often and to Move More, simply undertake 10 of the suggested Be Active Tips (or create some of your own that we can share with others). Tick each of the Tips once you've completed them, then complete the rest of the details on the sheet, and email thefitnesspod@mdx.ac.uk or hand it in at the Fitness Pod reception in MDX House.



Active University	Active Travel
<input type="checkbox"/> Stretch or exercise at your desk	<input type="checkbox"/> Walk or cycle to University and avoid sitting in traffic
<input type="checkbox"/> Study or work standing up	<input type="checkbox"/> Avoid using the lift, take the stairs instead
<input type="checkbox"/> Take regular breaks – set a reminder to stand up and move around every hour	<input type="checkbox"/> If you need to drive to the campus, park further away, and walk the last bit of your journey.
<input type="checkbox"/> Use the printer, photocopier or toilet, furthest away from your desk	<input type="checkbox"/> If you take a bus, walk a few of the bus stops at the start or end of your journey
<input type="checkbox"/> Eat lunch away from your desk. Go for a short walk around Sunny Hill Park, maybe join our lunchtime walk.	<input type="checkbox"/> Stand on the bus or train, rather than sitting
<input type="checkbox"/> Get up and walk to a colleague, to have a conversation, rather than calling, texting or e-mailing	<input type="checkbox"/> Walk up rather than standing still on the escalator
<input type="checkbox"/> Have a meeting while standing up or on the move	<input type="checkbox"/> Stand whilst waiting for the train or bus to arrive
<input type="checkbox"/> When the phone rings, stand up to answer the call	<input type="checkbox"/> Hire one of our MDX Freewheelers bikes to travel to work
Active Freetime	Active Home
<input type="checkbox"/> Go for a bike ride and explore your local area	<input type="checkbox"/> When cooking or baking, use a wooden spoon or hand whisk instead of an electric mixer
<input type="checkbox"/> Do some gardening - grow fruit and vegetables in your own garden, or get an allotment.	<input type="checkbox"/> Stand up and move around when the adverts are on the TV
<input type="checkbox"/> Walk your dog, and if you don't have one, why not offer to walk a friend or neighbour's dog	<input type="checkbox"/> Where possible walk to the shops and carry the shopping bags home
<input type="checkbox"/> Try a "Taster" Exercise Class – Free entry to a class of your choice (*Available to students and staff who have not previously signed up to the Fitness Pod).	<input type="checkbox"/> Wash the car yourself, rather than take it to the car wash
<input type="checkbox"/> Join the Fitness Pod	<input type="checkbox"/> Hand wash dishes instead of using the dishwasher
<input type="checkbox"/> Go for a free swim at Barnet Cophall Pools (Tuesday & Thursday)	<input type="checkbox"/> Cut the lawn with a hand push mower, rather than an electric mower
<input type="checkbox"/> Join in one of our "Drop In" Social Sport Sessions (football, tennis, touch rugby)	<input type="checkbox"/> Read a newspaper or book while standing up

Tell us your own Be Active tips



Short Survey (please circle all the answers that apply)

Where did you hear about the Be Active Pledge?	Website	Social media	Tv screen	Poster	Word of mouth	Other
Have you experienced any of the following benefits following your commitment to Be Active ?	More focused	Feel healthier		Improved weight control	Less stressed	
Less fatigued	Feel happier	Less time sitting	More energised	More productive	Better sleep	
Do you feel committed to continue to Be Active, Move More?				Yes / No / Maybe		