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# Take a step toward moving more

Whether you’re just starting out or looking for fresh inspiration, this new Movement Toolkit from Saskatchewan Blue Cross makes it easier to add more physical activity to your daily routine – on your own terms.

Attached are two documents:

* **A quick guide to increasing movement** – This quick one-page guide provides ways to set up for success, activities to try and tips to build a healthy routine.
* **Measure your fitness level** – An easy assessment tool to help you set goals and track progress.

**Need some tips or inspiration?**

* [Participaction](https://www.participaction.com/videos/) – Get moving with different videos, including: low impact, seated exercises and full body workouts.
* [Let’s Move Canada Podcast](https://open.spotify.com/show/10EaXtYu0P2Tp4baySgRCg) – Listen to inspirational stories from Canadian athletes and Health and Wellness advocates to get you motivated to move.

**Use your phone to get moving**

The [FitOn app](https://fitonapp.com/) offers free workouts and resources for any level of fitness. There are premium features for purchase, however most content on the app is free, with videos and programs that can be done at home, with minimal or no equipment required.

**Every movement matters**

Explore these resources and find what works for you to make movement a part of every day. You’ve got this!