

Headline:

A dark blue square with the words "MAKE YOUR MOVE" in white, bold, uppercase letters, stacked vertically.

‘We Are Undefeatable’ charities produce videos to support people with health conditions to move more

Subheading:

Make Your Move DVDs and online videos aimed at people with health conditions are now available

The Richmond Group of Charities’ physical activity coalition - [Movement for All](#) - has developed a new physical activity DVD aimed at people living with multiple long term health conditions.

Working with the wider partnership behind the award-winning campaign [We Are Undefeatable](#) and a team of expert instructors, the sessions have been specially designed for people who may experience symptoms such as fatigue, pain, stiffness and low mood. The project is supported by National Lottery funding from Sport England.

The series – [Make Your Move](#) - aims to support people to be active at home and is available on DVD and on [YouTube](#). The charities hope the DVD and online videos will motivate people to be active in a way that works for them, using simple and varied instructed activities that are designed to improve strength, balance, coordination and energy and reduce stress, and are suitable for a variety of activity levels.

There are [6 different physical activity sessions](#), each around 15 minutes long with a chance to take pauses throughout, and no specialist equipment needed. The sessions are:

1. Dance with Anne
2. Energy with Alex
3. Balance with Sandra
4. Strength with Alex

5. Boxing with Michelle
6. Mindfulness with Sandra

Each one can be tried independently of the others, in any order. No experience or knowledge of a specific activity is needed.

Developed by experienced instructors, the videos offer three different ways of doing the exercises - from a chair, assisted and standing, and have an introduction from Dr Andrew Boyd, GP and Clinical Champion for Physical Activity.

They focus on ensuring the audience are being mindful of the day-to-day fluctuations in symptoms and therefore their ability to perform the activities. The sessions are accompanied by appropriate safety messages, instructions and signposting to more information and support.

How can you get it?

The video is available on [YouTube](#) and on DVD.

To order DVDs you can contact us directly (insert your contact details here if you are distributing). The DVDs are free to order.

