



Living Well North Tyneside

Supporting Health and Wellbeing

Move for 10, a new challenge from This Girl Can.

10 minutes of movement, 10 times over a month. Any time, at any pace that works for you.

Women across the country are taking part in the Move for 10 challenge together, turning individual moments into something bigger: a community of women supporting one another, building confidence, and discovering how good moving can feel.

If you've fallen out of the habit of getting active, you're not alone.

Life gets busy. Energy disappears. Routines change. Sometimes it's been weeks, maybe years.

The good news? You don't have to overhaul your life to get back into it.

You can start with just 10 minutes.

Whether it's walking, dancing, yoga, a bodyweight workout, a bike ride or playing with the kids, every movement counts.

You can do it at home, in the park, at a class, at the gym, or wherever works for you.

No pressure. No perfect plan. Start whenever you're ready. Pause when life gets in the way and come back whenever you need to.

Because just 10 minutes can help boost your mood, energy and confidence, and improve your sleep.

And once you've started, you might even feel like carrying on.

Whether you're getting active for the first time, finding your way back after a break, or already moving and looking to do a little more, Move for 10 is here to help you every step of the way.

Use our free activity tracker where you can log your 10-minute sessions, celebrate your progress and notice how movement makes you feel.

You'll also find activity ideas, videos, and more to inspire you to keep you going.

To join and access your free activity tracker, search 'This Girl Can Move for 10'.

<https://www.thisgirlcan.co.uk/movefor10>

How it works

Choose any way to move: Walk. Dance. Play with the kids. Do an online workout. It all counts.

Move for 10 minutes: That's it. If you stop after 10 minutes, you've completed the challenge for that day. If you keep going because you're enjoying yourself, brilliant.

Do it 10 times over a month: 10 short bursts over the course of a month. Small steps that add up.

Log each session: Use our free activity tracker to tick off each ten minutes and watch your progress grow.

[Log today's 10 minutes on our free activity tracker]



<https://www.thisgirlcan.co.uk/movefor10>

Last Updated - 2nd September 2026



© 2026 Living Well North Tyneside | Web Design: Indigo Newcastle