

00:00 - 00:10

(Title Card "when we move, we're stronger")

00:08

[Music]

00:10 - 00:14

(speaking: Calderdale Resident 1)

when we move, we are stronger that sums us up

00:14 - 00:20

(speaking: Calderdale Resident 2)

it isn't big, you know big ambitions about i'm going to run a marathon but actually it's probably going to do more steps during my day

00:20 - 00:24

(speaking: Calderdale Resident 3)

as a former couch potato i cannot live my life now without physical activity

00:24 - 00:30

(speaking: Calderdale Resident 4)

i just feel better for doing it and you know that's that's a win-win isn't it

00:30 - 00:34

(Speaking Calderdale Resident 5)

physical activity makes me feel happy and healthy

00:34 - 00:37

(speaking: Calderdale Resident 6)

it makes me feel better i've got a spring in my step on the morning

00:37 - 00:43

(speaking: Calderdale Resident 7)

physical activity means living on a level where i can think properly i think clearly

00:43 - 00:46

(Speaking: Calderdale Resident 8)

I use it as as time to reflect

00:47 - 00:51

(Speaking: Calderdale Resident 9)

i think it's really important to keep physically active it helps me to stay motivated

00:51 - 01:01

(speaking: Calderdale Resident 10)

it keeps your mind focused on your work it helps you be more productive with your work as well there are an awful lot of benefits to it

01:01 - 01:07

(speaking: Calderdale Resident 11)

physical activity for me is keeping that heart pumping and healthy

01:07 - 01:10

(speaking: Calderdale Resident 12)

it means freedom

01:10 - 01:11

(speaking: Calderdale Resident 13)

passion

01:11 - 01:12

(speaking: Calderdale Resident 14)

invigorating

01:12 - 01:13

(speaking: Calderdale Resident 15)

pushing yourself

01:13 - 01:14

(speaking: Calderdale Resident 16)

friendships

01:14 - 01:17

(speaking: Calderdale Resident 9)

worthwhile i'd say it's definitely worthwhile

01:17 - 01:21

(speaking: Calderdale Resident 3)

it's just fun though isn't it do something that makes you happy

01:21 - 01:30

(speaking: Calderdale Resident 17)

i think it can make a difference to to everyone maybe in different ways but everyone can benefit from moving and being stronger

01:30 - 01:41

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