



#JoinMe and get moving more in Dorset

Public Health Dorset and Active Dorset are launching a new campaign called #JoinMe to encourage people to join others in moving more.

There's also the chance to win a Fitbit for anyone who shares a picture of themselves joining in the campaign.

#JoinMe promotes the social and physical benefits of getting active. The campaign asks people to encourage those around them, their friends and family, to join them in doing more exercise.

Rather than spending lots of money on the gym or top-of-the-range gear, #JoinMe promotes the benefits of activities that are free or low-cost and easy to fit into your everyday life, such as walking, cycling, at-home workouts, free local events and the Couch to 5K running programme.

You can find ideas and inspiration to help you get started at livewelldorset.co.uk/join-me.

To help inspire others, share how you're getting involved in #JoinMe and you'll be in with a chance of winning a Fitbit. All you need to do is send in a picture of yourself doing your favourite activity to Public Health Dorset in one of the following ways:

- Tweet [@HealthyDorset](https://twitter.com/HealthyDorset) using the hashtag #JoinMe
- Post on Public Health Dorset's Facebook page [@PublicHealthDorset](https://www.facebook.com/PublicHealthDorset)
- Share your picture on Instagram, tagging @lwdorset and #JoinMe
- Email publichealth-enquiries@dorsetcouncil.gov.uk using the subject #JoinMe

Chris Ricketts, Head of Programmes at Public Health Dorset, said,

"Taking up exercise can seem really daunting if you haven't done any in a while and many people don't want to start a new activity on their own. The idea behind #JoinMe is to encourage people to get moving together. When we agree to doing an activity with someone else, we're more likely to keep it going.

"I've been cycling to work for ten years now, but I probably wouldn't have started if it wasn't for a friend asking me to join him. Just that quick invitation has ended up making a massive difference to my life.

"In Dorset we have amazing natural environments and welcoming, warm communities, so let's make the most of where we live and support one another in being more active."