



A five year physical activity strategy for Sheffield

Move More is the physical activity strategy for Sheffield.

It sets out a clear, shared vision and mission which unites people with a shared purpose. The core principles can guide individual and organisational action and the priority areas will help to coordinate and align approaches.

All of this, in time, will contribute to creating a healthier, happier and more connected Sheffield.



Vision

Creating a healthier, happier and more connected Sheffield



Mission

Sheffield working together to enable everyone to move more

- Sheffield is an amazing place to live but many of us aren't active enough for good health
- Designing activity back into Sheffield life is an essential part of our recovery from COVID-19
- Being active will help to build healthy, resilient communities in Sheffield

Benefits for individuals

Physical activity improves mental and physical health, increases immunity, improves physical function and quality of life at every stage in life.

Benefits for communities

Physical activity promotes social cohesion; it can make places safer by reducing crime and antisocial behaviour. It is a powerful way to connect people and communities which results in increased social capital.

Benefits for economy

Physical activity helps create healthy workforces, it increases productivity and growth and ultimately reduces health and social care costs.

Benefits for environment

More people moving around by walking, wheeling or cycling means cleaner air and safer roads. Reducing car usage supports the decarbonisation agenda and helps planetary health.

Move More

The core principles capture what partners across Sheffield believe is really important; they underpin the Move More approach.

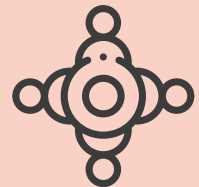
The principles are not prescriptive; they are flexible and practical ways of working. The core principles can help to align and guide activity across the city to help create a coordinated approach.



Thinking big in Sheffield: we are part of a big, complex, ever-changing system



Putting people and places first: working with and not doing to



Prioritising Equality, Diversity and Inclusion: upholding these principles and encouraging others to do the same



Focusing on where the need is greatest: an approach that is proportionate to need



Going where the energy is: focusing on what is strong



Collaboration: creating and maintain links and networks



Enabling leadership everywhere: nurturing physical activity leadership, wherever it occurs



Learning what works: prioritising reflection and learning, whilst still moving forwards



Staying open to change: staying agile and comfortable with iterative working



Environmental impact: being mindful and taking steps to reduce impact