

Move Video Transcript

1

[Lively music, featuring whistling and clapping]

00:00:00,280 --> 00:00:03,080

A turretted castle pokes out from the trees, followed by Durham Cathedral

2

00:00:03,360 --> 00:00:07,400

[TEXT] Durham County Council has launched the
move campaign to get the county more active.

3

00:00:07,480 --> 00:00:08,960

Group orienteering.

4

00:00:09,040 --> 00:00:15,560

[TEXT] Whatever it is that motivates you we are here
to help. [Www.durham.gov.uk/move](http://www.durham.gov.uk/move)

5

00:00:15,640 --> 00:00:17,240

[TEXT] Move when you've got 10 minutes.

6

00:00:17,320 --> 00:00:20,320

Stretches in the kitchen
and scrolling activities on a phone.

7

00:00:20,400 --> 00:00:22,160

[TEXT] Move your way.

8

00:00:22,240 --> 00:00:27,000

Walking with a rollator, and a crowd of
parkrun volunteers as the runners set off

9

00:00:27,080 --> 00:00:29,160

[TEXT] Every movement counts.

10

00:00:29,240 --> 00:00:31,720

A woman does yoga in her kitchen.

11

00:00:31,800 --> 00:00:36,160

A family in bicycle helmets take a break with a
drink sitting around a picnic table.

12

00:00:36,240 --> 00:00:39,920

An all-age group in a hall puff to dancercise.

13

00:00:40,000 --> 00:00:42,720

A couple hold hands while walking their dog
in the woods.

14

00:00:42,800 --> 00:00:44,520

[TEXT] Move wherever you are.

15

00:00:44,600 --> 00:00:46,000

A man does push-ups, while a lady in yellow
tends to her plants.

16

00:00:46,000 --> 00:00:50,520

[TEXT] Receive free 1-1 support in our centres
A man sits down with an instructor

17

00:00:50,250 --> 00:00:59,002

[TEXT] Using our new Tanita technology to assess your body composition
Man steps on scales with instructor alongside him. Instructor shows man
how to use the items on the scale's screen.

19

00:00:59,002--> 00:01:01,920

A woman touches
her toes on a yoga mat.

20

00:01:02,000 --> 00:01:04,440

[TEXT] Celebrate what your body can do.

21

00:01:04,520 --> 00:01:08,840

A woman walks along a track while some
young people front crawl across a swimming
pool.

22

00:01:09,120 --> 00:01:10,880

[TEXT] Enjoy moving together.

23

00:01:10,960 --> 00:01:16,440

Some walkers examine a rock feature in the
country, a spin class gets people smiling.

24

00:01:16,520 --> 00:01:22,680

[TEXT] Move. For more information or support, visit
www.durham.gov.uk/move.