Physical activity

for children and young people



(5-18 Years)



MAINTAINS HEALTHY WEIGHT



DEVELOPS CO-ORDINATION



STRENGTHENS **MUSCLES** & BONES



IMPROVES SLEEP



IMPROVES CONCENTRATION & LEARNING



IMPROVES HEALTH & FITNESS



MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day



Aim for at least



All activities should make vou breathe faster & feel warmer







PLAY

SKIP







Include muscle and bone strengthening activities

3 TIMES **PER** WEEK









Sit less



Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday