## **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

Aim for

Spread activity throughout the day



at least

minutes everyday All activities should make you breathe faster & feel warmer







**PLAY** 

**SKIP** 



**CLIMB** 



and bone strengthening activities

3 TIMES
PER
WEEK

Include muscle













## **Move more**

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