

MAKE YOUR MOVE



Helping children and young people to get strong and move more:

Focus On These Three Things...



Sitting less - aim to be as active as possible, anything is better than nothing!

Moving more - all movement counts! walking, running, jumping, cycling, climbing, dancing...it's all good!

Spread your activity throughout the day - Aim for an average of 60 minutes per day across the week. This can be activity in and out of school.



Two Goals for Your Movement...



When you **breathe faster** and **feel warmer** you're Making Your Move!!



The One Main Aim...



Be active... however you like!

Physical activity is not limited to just sport and fitness. It can be included in everyday activities as well, so find what you love doing and **Make Your Move!**



GO!... Turn over for activity ideas!



Aim for an average of **60 minutes** per day and move at a level that increases your breathing and heart rate. Don't forget activities that build on movement skills, muscle and bone strength!

Try these at school!

Playing with your friends



Lunchtime sports clubs



Playground activities such as stick in the mud



Skipping

Great for home...

Dancing to some music



Take part in an exercise video



Play some outdoor games

Create an indoor obstacle course

Move with your family

Visit your local outdoor gym



Visit your local playground

Walking the dog



Get out on your bikes

Did You Know?

Active traveling to and from school either by walking, scooting or biking can all help towards your 60 minutes of activity a day!



Now Make Your Move!



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