Physical activity for children and young people (5 – 18 Years)

- Builds confidence & social skills
- Develops coordination
- Improves concentration & learning
- Strengthens muscles & bones
- Improves health & fitness
- Improves sleep
- Maintains healthy weight
- Makes you feel good

Be physically active

- Aim for at least 60 minutes everyday
- Spread activity throughout the day
- All activities should make you breathe faster & feel warmer

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