

MAKE YOUR MOVE

Children and young people

Top tips to help them move:



BREAK IT UP

Daily activities can be made up of 10 minute sessions.

REDUCE SCREEN TIME

Instead of watching TV/tablet, encourage your child to find fun activities to do on their own or with friends.

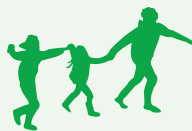


LET THEM HELP CHOOSE

Children are more likely to participate in something if they're involved in picking it too.

LEAD BY EXAMPLE

If parents are physically active, their children are likely to be active too.



STRENGTH AND BALANCE

At least 3 days per week include some muscle and bone strengthening exercises such as skipping, hopping or swinging on playground equipment.



Improve attention levels at school



Develop co-ordination



Strengthen muscles and bones



Maintain healthy weight



Sleep better



Improve mood and feel good

Make your move today:

www.llrmakeyourmove.org

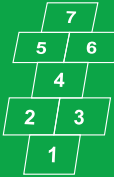


LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING



**MOVING AT A LEVEL THAT INCREASES
THEIR BREATHING AND HEART RATE**

Play a game with friends; hide and seek, tag, hopscotch, skipping, put some music on and have an indoor disco...



Walk/cycle/scoot to school, build a den outside, help with some household chores, make an obstacle course and have races, download and use an activity app...

Go to the park with friends or family, go for a bike ride or swimming, use an outdoor gym, join a junior parkrun, play a game with siblings...



DID YOU KNOW?

Research suggests that children and young people who are active are more likely to have better academic performance and confidence at school.



Leicester
City Council

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