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.

MAKE YOUR MOVE
Children and young people

Make your move today:
www.llrmakeyourmove.org
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.