

# 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.

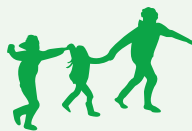


### LET THEM HELP CHOOSE

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](http://www.llrmakeyourmove.org)

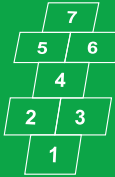


LEICESTER-SHIRE  
& RUTLAND SPORT  
PHYSICAL ACTIVITY & WELLBEING



**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.