

Physical Activity in Children 5-18

Why is Physical Activity Important for
Young People?



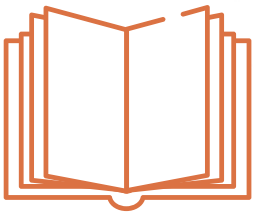
Makes you feel
good



Builds
confidence and
social skills



Improves sleep



Improves
concentration and
learning



Helps maintain a
healthy weight



Strengthens bones
and muscles

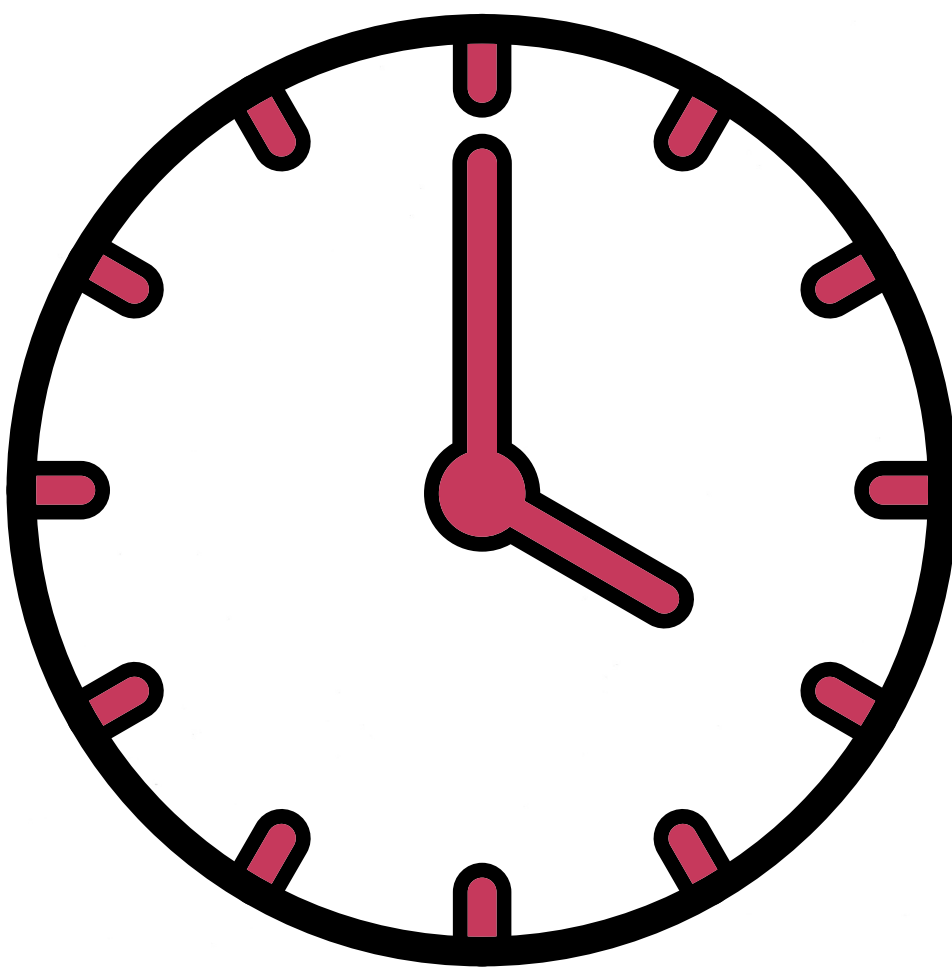


Develops co-
ordination



Improves health
and fitness

AIM FOR AT
LEAST



60
MINUTES
EACH DAY

PLAY

WORK
OUT

WALK

SKATE

SWIM

SPORT

P.E.

CLIMB

ACTIVE

TRAVEL

DANCE

RUN

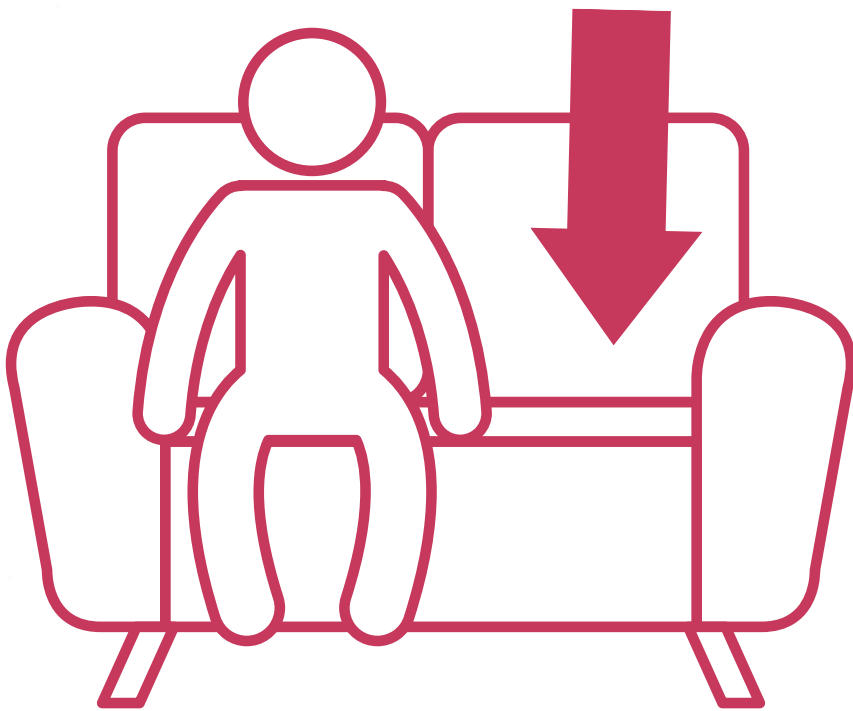
CHORES

BIKE

MAKE SURE:

- You spread your activity through out the day and ensure you mix it up!
- Your exercise is making you breathe faster and harder; and your heart is beating quicker and more noticable than usual.
- You include muscle and bone strengthening exercises 3 times per week. This can include climbing, working out and unstructured play.

YOU HAVE FUN!



SIT LESS!



MOVE MORE!



GWGH

Growing **Well** Growing **Healthy**

Growing Healthy

Stockton-on-Tees

You can... we'll help



NHS