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

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

**Be physically active**

- **Aim for at least 60 minutes everyday**
- **All activities should make you breathe faster & feel warmer**

- **Spread activity throughout the day**

- **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