

# PHYSICAL ACTIVITY

FOR CHILDREN AND YOUNG PEOPLE



Builds  
Confidence &  
Social Skills

**(5-18 Years)**



Maintains  
Healthy  
Weight



Develops  
Co-Ordination



Strengthens  
Muscles &  
Bones



Improves  
Sleep



Improves  
Concentration  
& Learning



Improves  
Health &  
Fitness



Makes  
You Feel  
Good

## BE PHYSICALLY ACTIVE

SPREAD ACTIVITY  
**THROUGHOUT**  
THE DAY



ALL ACTIVITIES  
SHOULD MAKE  
YOU BREATHE  
**FASTER &**  
**FEEL WARMER**



GastroDoxs  
Defenders of the digestive system

# PHYSICAL ACTIVITY

FOR CHILDREN AND YOUNG PEOPLE



PLAY



RUN/WALK



**INCLUDE MUSCLE  
AND BONE  
STRENGTHENING  
ACTIVITIES**

**3  
TIMES  
PER  
WEEK**



BIKE



ACTIVE TRAVEL



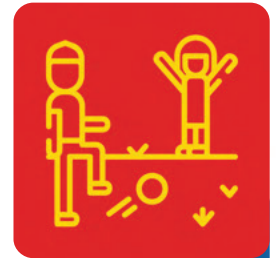
SWIM



SKATE



SPORT



PE



SKIP



CLIMB

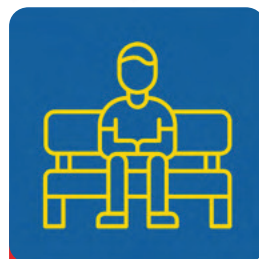


WORKOUT



DANCE

**SIT LESS**



LOUNGING

**MOVE MORE**

**FIND WAYS TO HELP ALL CHILDREN AND YOUNG PEOPLE  
ACCUMULATE AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERYDAY**



GastroDoxs  
Defenders of the Digestive System