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

Include muscle and bone strengthening activities

Spread activity throughout the day

All activities should make you breathe faster & feel warmer

Be physically active

Aim for at least 60 minutes everyday

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