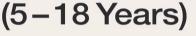


Physical activity for children and young people (5-18 years)

Physical activity

for children and young people











DEVELOPS CO-ORDINATION



STRENGTHENS MUSCLES & BONES



IMPROVES SLEEP



IMPROVES
CONCENTRATION
& LEARNING



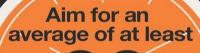
IMPROVES
HEALTH
& FITNESS



MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day



All activities should make you breathe faster & feel warmer





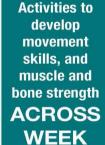
minutes per day across week























Get strong



Move more



Simple ways to be more active

- Try walking, scooting or cycling to and from school. Check if your school has a
 walking bus for the younger children. If time is limited try parking a short way
 from school and walk, scoot or cycle at least part of the way.
- Get active with others: go for a walk or to the park with friends or take your children swimming.
- Make walking the dog a family activity.
- Keep moving: avoid sitting for long periods. Get up and move every 30 minutes.
- Encourage children to participate in physical education opportunities, during the school day, at lunchtime and after school too.
- Make it fun: incorporate physical activity into family pastimes e.g. skating, street dance, trampolining or cycling.
- Lead by example and take the stairs wherever possible rather than using the escalator.
- Provide toys that promote activity and movement.
- Play together as a family.
- Turn off the TV and move! https://www.nhs.uk/10-minute-shake-up/shake-ups
- Try family Geo caching with the older children.



Contact details: Nutrition and Dietetic Services

Tel: (01225) 824398 (RUH) Tel: (01225) 833916 (St Martin's)

Royal United Hospitals Bath NHS Foundation Trust Combe Park, Bath BA1 3NG 01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.