

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

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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

## Be physically active

Spread activity throughout the day

Aim for an average of at least

**60**

minutes per day across week

All activities should make you breathe faster & feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

**Get strong**



INACTIVITY

**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](http://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-PatientAdviceandLiaisonService@nhs.net](mailto:ruh-PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.