



GREG NEWTON
Physical Activities Health Promotor



STACEY DAY
School Travel Planner

Be Active

Children and young people should do at least 60 minutes of moderate to vigorous physical activity each day.

AIM FOR A MIX OF ACTIVITIES - AEROBIC + STRENGTH + FLEXIBILITY

- Swimming, cycling, kapa haka, touch rugby will raise their heart beat and get oxygen pumping round their bodies.
- Skipping, jumping and using climbing or park equipment will build muscle and bone strength.
- Bending and stretching will keep them flexible.
- Promotes mental well-being.
- Helps to build healthy bones, muscles and joints.



LOOK FOR WAYS TO ENCOURAGE ACTIVITY

- Walking, scootering or biking to school.
- Taking the stairs not the lift.
- Try new activities or sports to discover which one you enjoy most

JOIN IN THE ACTION

- Do activities as a family – walk the dog, go to the beach and collect driftwood, stones etc.
- Turn OFF the TV for active playtime.



PHYSICAL ACTIVITY IS ANY MOVEMENT OF THE BODY THAT USES ENERGY.

Useful Links:

- <http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/physical-activity>
- <https://education.govt.nz/early-childhood/teaching-and-learning/learning-tools-and-resources/play-ideas/physically-active-play-korikori/>
- <http://www.health.govt.nz/publication/sit-less-move-more-sleep-well-active-play-guidelines-under-fives>

