

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.

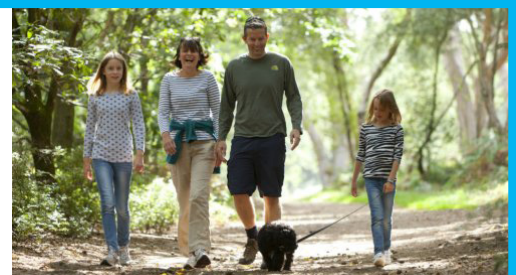


LOOK FOR WAYS TO ENCOURAGE ACTIVITY

- 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>

