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

Be physically active

Spread activity throughout the day
All activities should make you breathe faster & feel warmer

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