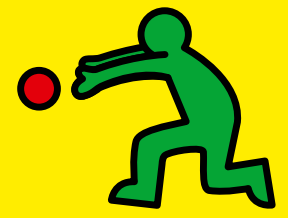


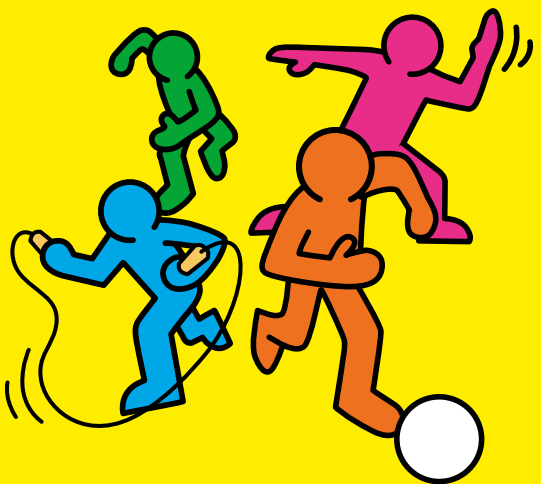
# TOP TIPS



## for getting your young child moving more

Keep your kids moving

Physical activity isn't just about sport. It can be anything that gets the body moving. You should begin with floor play from birth. Once walking, children under-5 should be active for at least three hours throughout the day. Just 10-minute or more bursts of activity at a time will keep them healthy and happy, and you can play along with them to keep active too!



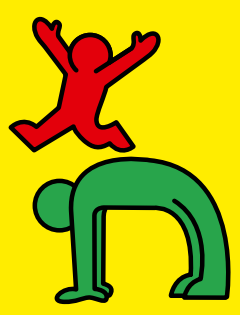
- **Skipping** – move more on the way to school or the shops
- **Dancing** – a great way to get moving without even leaving the house
- **Riding a bike or scooter** – a fun way to get around
- **Running, chasing or catching games** – perfect for playtime with friends and family

Did you know

### Being active...

- Keeps kids' hearts healthy
- Helps them maintain a healthy weight
- Supports healthy muscle and bone development
- Contributes to brain development and learning

It can also help your child to get a good night's sleep which is great for you too!



Search **Change4Life** for loads of free 10 Minute Shake Ups and information about active hobbies.

