

Useful information about Physical activity



Remember – every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!



Don't forget

You can be just as fit as anyone else

Many people can struggle with their weight. Celebrities like singers Ed Sheeran and Adele and 'Guardians of the Galaxy' actor Chris Pratt have all included movement and exercise to their lifestyle to carry on topping charts and defending galaxies!



Build your confidence

If you are new to exercise, start with something that you are comfortable doing so you build up your confidence and feel good about yourself.



Do exercise

You will feel better

Physical activity is good for your heart, your bones, and helps you sleep better.

Get fitter

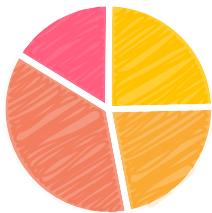
Change your body

Starting points



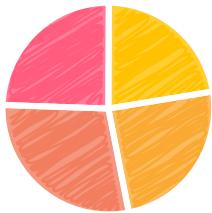
Walk more, and more quickly

- | | |
|---------------------|---------------------------------------|
| ■ walk with a dog | ■ walk the long way to my next lesson |
| ■ walk to school | ■ go up stairs two at a time |
| ■ walk with friends | |



On your bike

- | | |
|------------------------------------|------------------------|
| ■ ride your bike to school | ■ meet up with friends |
| ■ go for a ride in the countryside | ■ ride to the shops |



Look for opportunities

- | | |
|------------------------------------|---|
| ■ join after school activity clubs | ■ standing up when using your phone |
| ■ have a kick-about in the park | ■ dance with your friends to your favourite songs |

Things that might make it harder

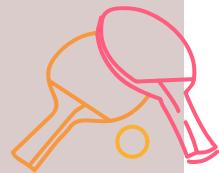
Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



Feeling nervous about physical activity

Doing things with people you know e.g. friends and family is a good way to build confidence.



Doing too much too quickly

So start slowly and build up to more.



Daily checklist

Try to make sure you do at least 2 of these every day:

- Get outside for at least an hour
- Take the long route to somewhere
- Get out of breath at least once
- Sit upstairs on the bus
- Dance to your favourite track



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