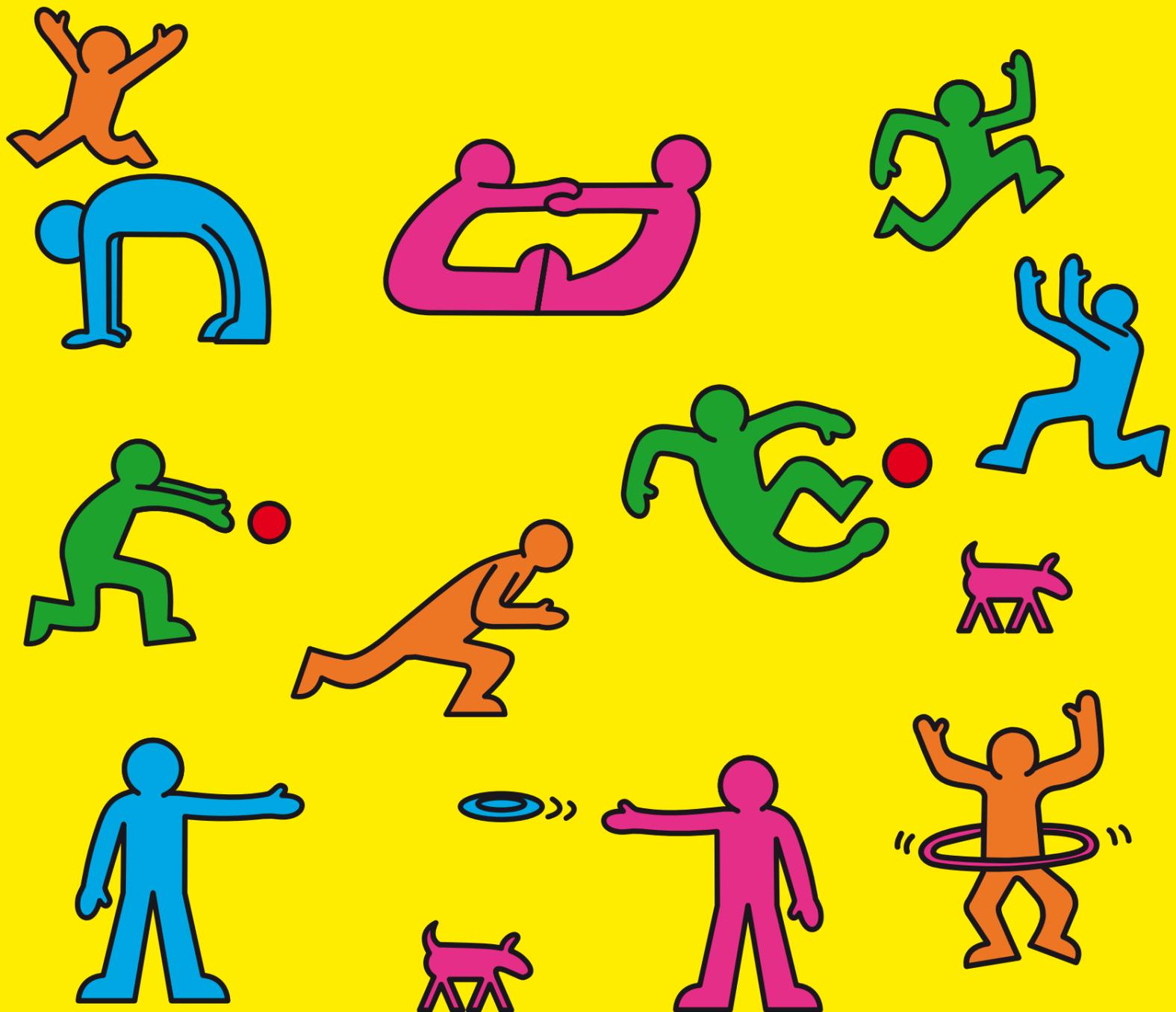


# 60 active minutes

Do your kids get theirs every day?



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# 60 active minutes

**Kids don't need to get their 60 Active Minutes all in one go – they can clock them up bit by bit through the day.**

**It doesn't matter how your kids get their 60 Active Minutes a day – in fact variety is good. Different activities are good for different aspects of their health. Here are a few ideas for fun ways to get your kids to move more:**

## **1. Play**

**It's what kids do best and enjoy the most. Running around in the playground, park or garden, having fun with their friends and burning off energy are great ways of getting some (or all) of their 60 Active Minutes each day. Indoors or outdoors – why not join them?!**

## **2. Walk**

**We tend to rely on cars and buses to ferry the kids around these days – often for short hops when we could be using our feet. Instead of jumping in the car or on the bus, next time think about walking together. It saves money and for short trips it's often almost as quick. If you do need to travel by bus or car, you could always stop a bit early and put your best foot forward for the rest of the journey.**

## **3. Dance**

**Dancing is a really fun way of burning heaps of energy. It doesn't have to be at a dance class – you can make up your own routines and dance to the radio or in front of the TV. All you need is a great tune and you and your kids can have fun dancing anywhere.**

## **4. Swim**

**Whether it's lengths of the pool or having a good splash about with friends or family, kids love spending time in the water. Next time you want to treat them, think about a trip to the pool.**

## **5. Bike**

**Cycling is a great alternative to the car or bus, and can be much more convenient too – no waiting around, no traffic jams or parking problems, and no parking charges either. You don't even need to have somewhere to get to, just getting the kids out for a bike ride is a great fun activity and cycling is a great skill for them to have.**

## **6. And it doesn't end there**

**Activity doesn't have to cost anything. It needn't mean joining a gym or sports club (although that's great if that's what your children like). Going outside is free and fun is the best gym. So remember – any kind of activity counts towards your children's 60 Active Minutes.**

**Kids under 5 need lots of time to take part in active play. Providing lots of chances for kids to explore and play, both inside and out of the home, for short spells every day, is really important to their healthy development.**