

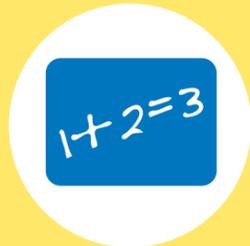
**CHILDREN  
5 - 12 YEARS**

# MOVE MORE AND SIT LESS

Plenty of moving helps children



Develop



Learn



Keeping them



Social



Confident



Healthy

Each day children need



**60**  
minutes

**Huff and puff activity**  
e.g. running or sport



Including weekly:



**x3**  
days

**Strength activities**  
e.g. jumping or climbing



Tips for getting active



Walk or ride part way to school



Play games or sports at the park



Build cubbies indoors or outdoors

Children need help to limit

**Sitting time**

Break it up as often as possible



**Daily screen time**



Excluding school work



Tips for less sitting and screens



Screen free bedrooms



Try music instead of TV



Swap tablet games for real games