

**YOUNG
PEOPLE
13 – 17 YEARS**

MOVE MORE AND SIT LESS

Plenty of moving helps you



Learn



Manage stress



Keeping you



Social



Focused



Healthy

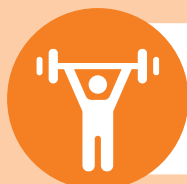
Each day you need at least



**60
MINUTES**

Huff and puff activity
e.g. jogging or sport

Including weekly:



Strength activities on 3 days
e.g. dancing or push ups

Tips for getting active



Walk or ride part way to school



Fitness sessions at the gym or
on YouTube



Play games or sports at the
park with friends

Each day you need to limit

Sitting time

Break it up as often as possible



Screen
time

Excluding school work



No more than



**2
HOURS**

Each day

Tips for less sitting and screens



Make the bedroom screen free



Be active or stretch while
watching screens



Swap screens for walk after
school