



**be
Active**
and have fun!



Being Active is good for you in so many ways. At any age, physical activity provides a range of health benefits and it's a great way to relax, meet new people, have fun and enjoy the company of friends.

Being Active for Children and Young People

Children and young people need more physical activity than adults to gain optimum health benefits. Children between 5 to 12 years and young people 12 to 18 years need to do at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every day. This can be built up throughout the day with a range of activities that suit the child's skill level and are interesting and enjoyable.

Variety is important in providing a range of fun experiences and challenges. Moderate activities include brisk walking, bike riding, skateboarding and dancing. Vigorous activities include football, netball, soccer, running, swimming and sport training. There are many opportunities for active and free play around the home; why not build a cubby house, dance to music or play with a hula hoop, ball or skipping rope?

Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, Internet, TV), particularly during daylight hours.

Some of the benefits of physical activity are:

- a great way to have fun with friends and make new ones
- helps develop new skills
- helps relaxation
- increases concentration
- boosts confidence
- promotes and maintains healthy growth and development
- improves posture
- increases fitness
- increases energy levels
- helps achieve and maintain a healthy weight
- a cheap and practical method of transport.

