

Get active each day

Healthy, active kids grow into healthy, active adults. Kids need to move every day, and most are not active enough.

With your support, your kids can stay active and healthy as they grow older.



Less than one in five children aged 5-15 get the recommended amount of physical activity.

Reasons to be active



Quick tip:

Kids shouldn't sit for too long, so encourage them to go for a walk, stretch or kick a ball around outside!

How to get started

Kids can:



Ride or walk to school



Run at the local park



Help with gardening or cleaning



Dance at home



Play hide and seek



Join a local sports team (apply for an Active Kids voucher!)



Play with toys that get them moving

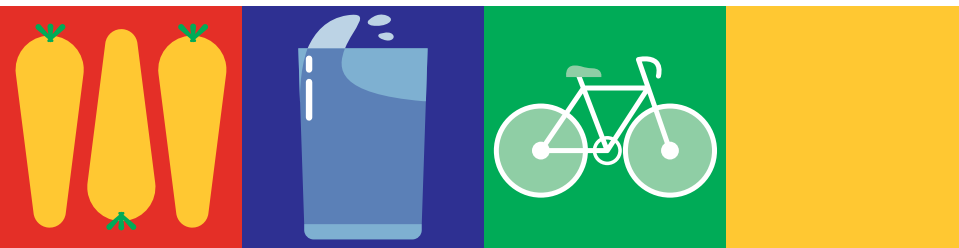
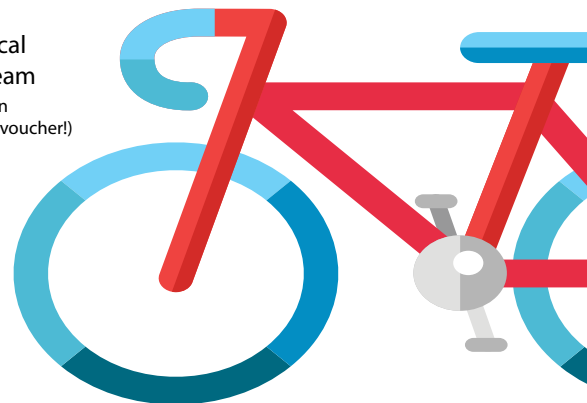


Play at parks, playgrounds, beaches and nature reserves



Quick tip:

There are plenty of ways to stay active for free at home!



How much daily activity?

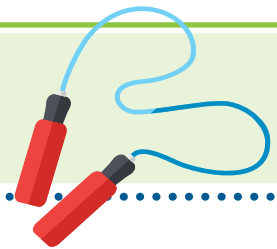
How old	How much	
Babies (0-12 months)	 over 30 mins	Be active several times a day in lots of different ways At least 30 minutes of supervised tummy time daily for those not yet mobile
Toddlers (1 to 2 year olds)	 3 hours	At least 3 hours of different physical activities spread throughout the day, including energetic play
Pre-schoolers (3 to 5 year olds)	 3 hours	At least 3 hours of different physical activities spread throughout the day, including at least 60 minutes of energetic play
Primary school aged (5 to 12 year olds)	 1 hour	At least 1 hour of moderate to vigorous physical activity
Young people (13 to 17 year olds)	 1 hour	At least 1 hour of moderate to vigorous physical activity

More is better!



Quick tip:

Activities that make kids "huff and puff" are best, as they get the heart pumping and muscles working.



Be a good role model kids



Be active as a family
get involved in kids' activities








Show support
encourage kids with positive words



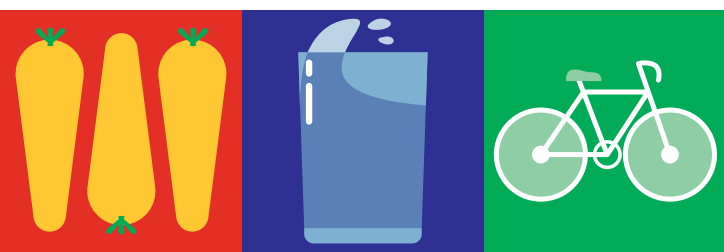
Make it fun
smile, laugh and enjoy time together!

Remember

-  Always keep an eye on kids
-  Make water the drink of choice
-  Be sun safe (put on sunscreen every hour and wear a hat)
-  Make sure kids get enough sleep
-  Limit screen time

Evidence

- HealthStats NSW (2016-2017) www.healthstats.nsw.gov.au
- Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years);
Australian 24-Hour Movement Guidelines for Children and Young People (5-17 years)



**HEALTHYEATING
ACTIVE LIVING**