

Top Tips and Activities! Finding Time to get Active!



Active children are happier children!

The trouble with the modern world is that children have got other things to do besides being active and have plenty of reasons not to go outside and play. All children need at least 60 minutes of physical activity each day that gets their heart beating faster than usual. They need to do it every day to burn off calories and prevent them storing any excess calories as fat which can increase chances of becoming overweight / obese and increase their risk of developing cancer, type 2 diabetes and heart disease. One thing to remember is that your children do not have to do their whole 60 minutes at once and it can be spread out throughout the day. It does not matter how you achieve this 60 minutes and a variety is good! Below are a few ways to fit the 60 minutes into your day!

Play!

This does not feel like you are doing exercise and it is what kids do best. Running around and playing with friends and burning of energy. A great way to hit 60 minutes a day!

Walk!

We all rely on cars and buses to get us from A to B but why not think about walking together to places such as school and the shops. You can make this interesting by adding in jumps and skips.

Dance!

This does not have to be a professional dance class. Put a CD or the radio on and make up a dance routine or just have fun dancing together.

Swimming!

This could be lengths of a pool, swimming lessons or just enjoying a splash around. Kids love having fun in the water.

Bike!

This is a great alternative to walking and taking the car or bus. There is no traffic and you will be saving money and time. What could be more fun than a family bike ride?!

As you can see it doesn't matter how your children achieve their 60 minutes a day! So go ahead and have fun!