

# Get active each day

Being active and eating nutritious food helps you to keep fit, healthy and feeling full of energy.

Everyone, not just kids and teens, should be active every day in as many ways as possible.

Not being active can lead to an 'energy imbalance'. That's when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems.

Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports.

Trying something new can be a challenge - just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!

## How much activity is needed each day?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once – doing different activities throughout the day all adds up.

## What does moderate and vigorous activity mean?

Moderate activities make your heart beat faster and your breathing become quicker than when you're sitting down. Vigorous activity really makes you huff and puff. Over to the right are some examples of each type of activity.



### Moderate activities

Walking fast

Bike riding

Skateboarding

Dancing

Playing on park equipment

### Vigorous activities

Organised sports  
(football, netball, soccer)

Running or chasing friends

Swimming laps

Skipping

Nippers

## 10 ways physical activity can help you

- ★ Your body grows properly, giving you strong bones, muscles, lungs and heart
- ★ Improves your flexibility, balance and coordination so you can move well
- ★ Improves your running, throwing, jumping, catching and kicking skills, which are part of many sports
- ★ Makes you feel happy and full of energy
- ★ Keeps you staying healthy and maintaining a healthy weight
- ★ Helps you feel relaxed and confident
- ★ Helps you sleep well at night
- ★ Improves your posture
- ★ Keeps your mind alert
- ★ Allows you to have fun with friends and make new ones.