



# Why is being active so important?

- Do you know that children aged between 5-12 years should get **60 min of physical activity every day**?
- Are you confident your child achieves this?

## Benefits of physical activity

The more physical activity that children do the more they benefit – even up to 3 hours a day is beneficial.

Being physically active is important for a range of reasons including:

- Reduces the risk of type 2 diabetes
- Improves fitness, coordination and movement skills
- Reduces risk of unhealthy weight gain
- **Improves self-esteem and confidence**
- **Improves concentration and management of stress**



This physical activity should include activities that make children huff and puff and build their muscle and bones.

## Screen time

**Limiting screen time to 2 hours a day** is a key to achieving this 60 min because it means children sit less. Having rules like not having screens in the bedroom and no tv before school can make a big difference to this. During our day there are lots of times we can sit down, so always look for opportunities to move more.



## How to get moving

Ways to get your kids moving more:

- Using the local playground
- Playing games like chasey, tug of war, skipping and hopping
- Joining structured activities like martial art, gymnastics and dancing
- Walking instead of taking the car where possible
- Turn off the tv and get outside
- Store devices and tablets out of sight



## Get involved

When you get involved with physical activities with your child, you will also benefit. For adults the guidelines indicate that adults should accumulate **150-300 min of moderate intensity activity every week**. Physical activity improves overall physical health, but it also helps prevent and manage mental health problems.

# Make your move – Sit less Be active for life!



## For more information see:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publhlth-strateg-phys-act-guidelines#apa512>

From Department of Health, Australian Government, 2014, *Australia's Physical Activity & Sedentary Behaviour Guidelines for Children (5-12 years)*, Commonwealth of Australia

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