## MOVEMENT

~ Poster ~



Find activities that you enjoy with friends and family



Activity is
REALLY good for
your body and
mind

Any activity that involves moving your body is movement

There are things to do that are free, easy and indoors



Scan or CLICK HERE for activity ideas

Make a plan today!
What one thing
could you do to be
more active?











Created by the Healthy Lifestyle subgroup of North West and South East Coast and London CYP Network. Endorsed by PDSG of BDA.