



MOVEMENT

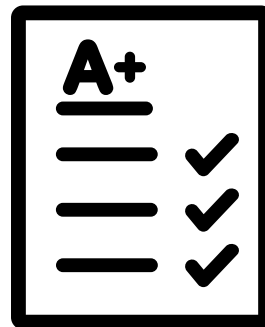
WHAT IS MOVEMENT?

Any activity that makes you move your body



BENEFITS

- Happiness
- Better sleep
- Achieve more at school or work
- Have a healthy heart
- Improves glucose (sugar) levels



WHAT TYPES OF ACTIVITIES ARE THE BEST ONES?

The ones that you enjoy!

That fit into your day!

That make you smile!

That are fun!

That you can do with friends and family!



enjoy!



For children and
young people



How much should you be doing?
Click the links to find out



For adults