Physical activity guidelines

Healthy Cornwall
Basset Centre, Basset Road
Camborne TR14 8SL
healthyunder5s@cornwall.gov.uk
www.healthycornwall.org.uk
For children to lead a healthy lifestyle they need to move as much as possible!

**Being active can help children in lots of ways.**
- Builds relationships, self-confidence and social skills
- Contributes to brain development and learning
- Develops co-ordination and movement
- Strengthens muscles and bones
- Improves health and fitness
- Maintains a healthy weight
- Helps improve sleep
- Improves mood and makes them feel good

**Try to reduce time spent still as much as possible.**
- Try not using the car for short trips
- Don’t leave the TV on in the background when eating or playing
- Take regular breaks on long journeys
- Reduce activities with limited movement such as TV and computer games
- Limit time children spend in car seats, buggies, walkers and bouncers

Be a good role model, get involved in activities with children and have fun with them.

Aim for at least **3 hours** throughout the day.

Children copy adults, take care with how often they see you on the computer, phone or watching TV.