



# Physical activity guidelines



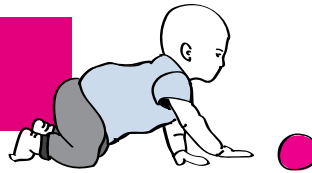
Healthy  
Under 5s

## Healthy Cornwall

Basset Centre, Basset Road  
Camborne TR14 8SL

✉ [healthyunder5s@cornwall.gov.uk](mailto:healthyunder5s@cornwall.gov.uk)  
🌐 [www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

# Move more, sit less



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.

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

# Aim for at least 3 hours throughout the day