

Be Active

Being active is great for your physical health and fitness. Did you know it can improve your mental well-being too?

Mental well-being means feeling good and being active can help you to do this.

5 – 18 year olds should do 60 minutes of exercise every day.

Think about how you can be active on the playground – hopping, skipping and running.

Walk to and from school.



Reduce the time you spend watching TV and Gaming.

Think of activities you could do outside of school – swimming or cycling.

Consider clubs you can join that will help you to become more active – dance, running and gymnastics.