

Many children have lost the capacity to be independent activity seekers. Finding opportunities for including physical activity into every day life is the real challenge. Encourage your child to be active!



Regular Physical Activity in childhood improves strength, builds lean muscle and decreases body fat. It builds stronger bones, the effects of which lasts a lifetime.

Children should be encouraged to be active Everyday, whether they are playing sport or taking a walk. "There's no magic in any particular exercise. What is important is being active in some way everyday.



Children need physical activity to develop coordination. This enables them to become physically competent adults.



Children need plenty of weight bearing physical activities to develop strong bones.



Children need physical activity to maintain a healthy heart and develop lung capacity.



Children should accumulate 60 minutes or more of moderate intensity physical activity on most or preferably every day of the week.



Parents are important role models for children. Children will copy what their parents do rather than what they hear their parents say. Lead by example and be active every day!