

Healthy Living

Top Tips Of The Week - Physical

- Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.



- All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).



- Benefits of being active for at least 180 minutes each day include
 - Improves cardiovascular health
 - Contributes to a healthy weight
 - Improves bone health
 - Supports learning of social skills
 - Develops movement and coordination

**Please get in touch if you have
any questions about these tips**

