

There are lots of different ways to be active, individually, with friends or a group, playing sport on your own or as a team, in public places or at home.

Aim for 60 minutes of activity per day that gets your heart beating faster. This doesn't have to be all at once, you could try 20 minutes three times a day.

Walk to school if possible

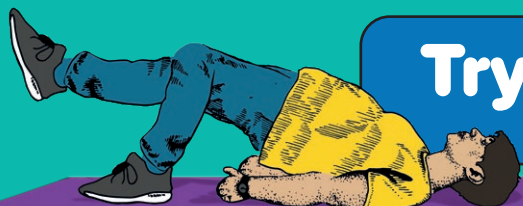
If you live too far away to walk the whole distance, try getting on the bus a stop later and getting off a stop earlier.

Do online workouts such as Joe Wicks

Dance to your favourite song every day



Try Yoga



Help with the gardening or the chores.



Help carry shopping home or in from the car.



Take the dog for a walk. You can borrow one!

Help prepare a meal



Set yourself a step goal.

For example building towards 8,000 steps per day.



Free activity and local green spaces

nhs.uk/healthier-families/activities/10-minute-shake-up
parkrun.org.uk
marathonkids.co.uk
britishcycling.org.uk/go-ride
ukfittnessevents.co.uk/event/kids
letsride.co.uk
sustrans.org.uk
bwy.org.uk
lesmills.com/uk/workouts/kids-classes/born-to-move-8-12-years
emduk.org

local parks
park-play.com

walkit.com
sweatco.in
nationalparks.uk
sportingequals.org.uk
treasuretrails.co.uk
nordicwalking.co.uk
ramblers.org.uk
paradance.org.uk

Local leisure centre

Check your local leisure centre for free school holidays swim sessions and activities.