



# Sit Less Move More



## WHY



Improves sleep



Makes you feel good



Helps maintain healthy weight



Builds confidence and social skills



Develops co-ordination



Improves learning and concentration



Strengthens muscles and bones



Improves health and fitness

## WHEN



At least 60 minutes every day

Here are some handy links to help you be more active

[Healthy | Active | Positive | Physical | You](#)

[Strava Challenges](#)

[Nike Run Club App](#) and [Nike Training Club App](#)

[Get Active - Better Health](#)

[BBC Get Inspired Club Finder](#)

[Moving More Activity Finder](#)

## HOW



# Activity Tracker

Can you clock 60 minutes of activity every day in a month?



Name:  
Month:  
My target:



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
PE Lessons								Walk
Clubs								Run
Dance								Swim
Yoga								Ride

Don't forget your 5 fruit and veg a day as well



Gardening