



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](#)

[Daily Mile](#)

[UNICEF Kid Power](#)

[NHS Ages 1-5 & NHS Ages 5-18](#)

[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