

Did you know children should be active for 60 minutes a day?

Help your family to get active and do things together

Plan outdoor activities

Set aside some time to do something active as a family: swimming in the summer, or biking in the autumn.

Make chores fun

Race to see how fast you can get the house cleaned, and then try to beat your old time the next week.

Let your kids help decide

Children are more likely to participate in something if they're involved in picking it.

Disco in your lounge

All you need are some great tunes and you and your children can have fun dancing anywhere.

Make over your meal plan

Families that eat healthier also tend to have other healthy habits, such as regular physical activity.

What is the Smart Restart app?

Smart restart makes it easier for kids to stick to healthier habits.

Get started today by downloading the app and picking one of five healthy changes.

How can SASP help?

Take a look at our website www.sasp.co.uk/beactive and follow us on Facebook.



Ways to get going...

- Walk / scoot to school
- Skip for 10 minutes
- Play with your friends
- Kick / throw a ball
- Run / jog around the park for 10 minutes
- Take the dog for a walk
- Bike with a friend
- Challenge a friend who can jump the furthest
- Think of your own way!

Have you completed the tick boxes?

Download a new tick chart at www.sasp.co.uk/beactive

All activities should make you breathe faster and make you feel warmer!

