



GET ACTIVE

Start active, stay active
an hour of activity a day, that's the best way.

DID YOU KNOW?
your heart is a muscle that needs to be exercised

Activity helps you to stay

- strong
- fast
- healthy
- happy.

Our research found that...

72% of children in the PEACH Project walked to school. **Could you?**

88% of children in the Active7 study loved to dance. **Try it!**



Being active helps to make new friends. In our after-school club
“we bonded with people we wouldn’t usually bond with”
 (Action 3:30 pupil)

FAB TOP TIPS

- dance for fun and for your health
- get your family and friends to play outside
- try walking to and from school
- join an after school club