

GET ACTIVE

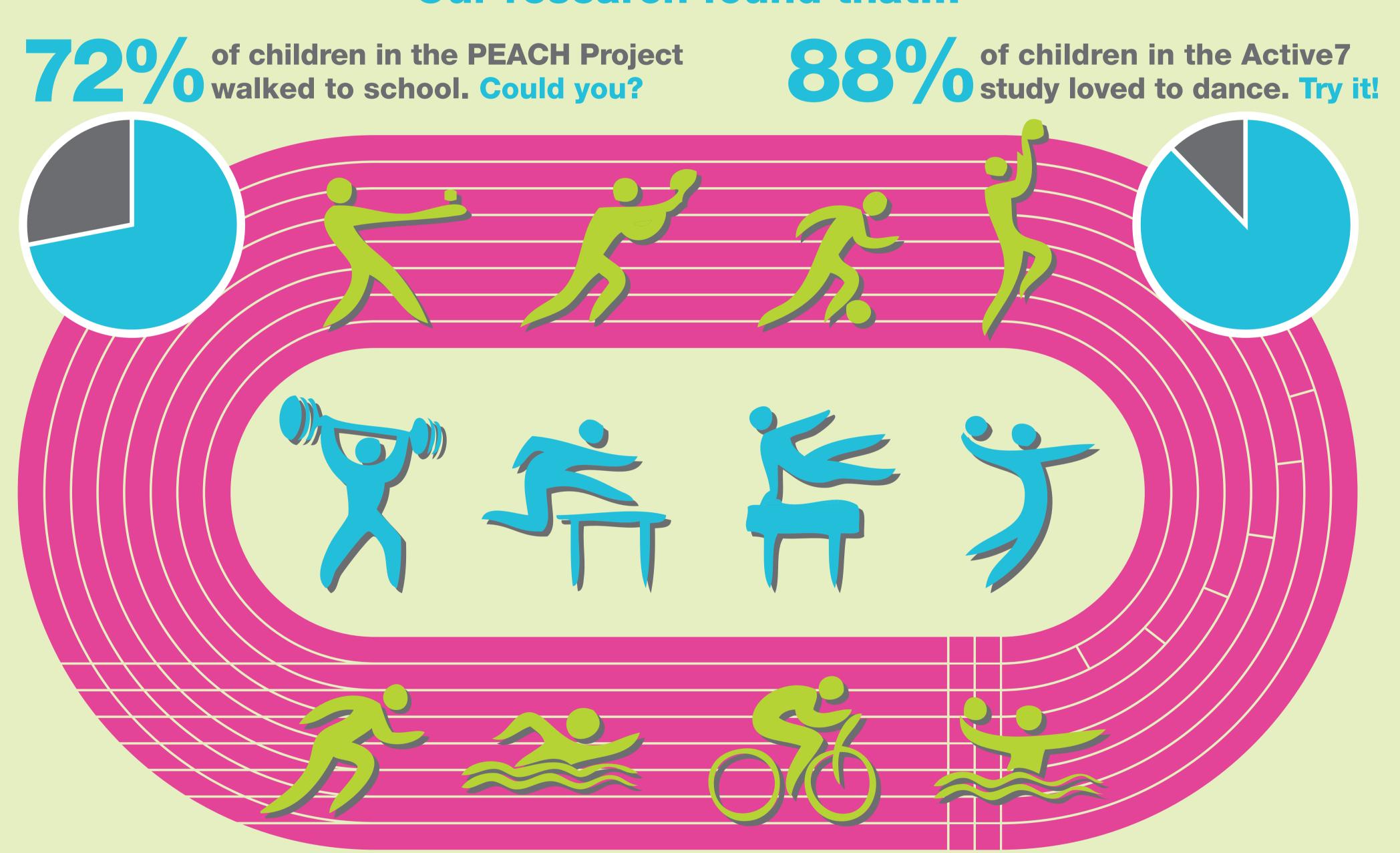


DID YOU KNOW?

your heart is a muscle that needs to be exercised



Our research found that...



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



School for Policy Studies