

# Change for life



Physical activity will not only help today's children by preventing them from becoming obese or helping them to lose weight if necessary, it will also teach them healthy habits that can last a lifetime. Here are the main reasons children should get plenty of exercise:

1. Children who exercise are more likely to keep exercising as an adult.
2. Exercise helps kids achieve and maintain a healthy body weight.
3. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.
4. Exercise aids in the development of important interpersonal skills this is especially true for participation in team sports.
5. Exercise improves the quantity and quality of sleep.
6. Research shows that exercise promotes improved school attendance and enhances academic performance, concentration and attention.
7. Children who exercise have greater self-esteem and better self-images.
8. Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health.
9. Children who are active report fewer symptoms of anxiety and depression and a better overall mood.
10. Exercise helps improve motor coordination and enhances the development of various motor performance skills.

The Department of Health recommends that children should engage in physical for at least 60 minutes to several hours each day and should minimise the amount of time being sedentary.

Although we keep the children active at school with a wide variety of different activities, children should also enjoy 60 minutes of activity on top of their school day. In each classroom we will introduce a chart that tracks the children's weekly activity. If they complete 60 minutes of activity in one day they will receive a dojo. Prizes will also be awarded at the end of each term for children that have tried hard to achieve the challenge.

### Stuck for ideas to keep the kids active?

Don't worry, you don't have to do it all in one go! As long as you're getting your heart rate up for 10 minutes or more, it will count towards your target. Taking up a sport is a great way to be physical active, however there are also loads of fun, easy ways you can get active for free. For loads of fun activities take a look at the change for life website. Each week we will also give you an idea for the weekend. It's more fun if you make activity something the whole family can do together, and kids are more likely to join in if they see mum or dad doing it too.