

Move more at home

Set timers to go off every 30 minutes during long periods of sitting time (movies, reading, computer games, TV) with the aim to do 30 seconds or longer exercise breaks.



PARENTS

Children need at least 60 minutes of physical activity each day.
Make family time "active time"



Move more at home

Turn mini exercise 'breaks' onto games and challenges. How many push-ups can they do in 30 seconds, can they get around the outside of the house in just 30 seconds, or have a 30 second dance!



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Go for regular walks as a family after dinner.

It can help regulate blood sugar levels and provide an uninterrupted space for quality family time.



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Give fitness gifts to kids like swimming goggles, a skateboard, boogie board, tennis racquet,



cricket set, frisbee, happy sack, rugby ball, basketball, soccer ball, netball, etc.

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Use birthdays as an excuse to book into an active event like bowling, trampolining, rock



climbing, or hold parties at a park with treasure hunts, sack races, backyard cricket, etc.

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Move more at home

Keep a bag of physical activity equipment handy for outings or when visiting friends and family. All you need are some balls, frisbees, happy sack, skipping rope, bat, etc.



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Limit Screen Time

We all need to sit less and move more -
kids and adults!



- ◇ Limit screen time to 2 hours a day.
- ◇ For every 30 mins of screen time, take a 10 minute activity break.

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WELLBEING AND VITALITY IN EDUCATION

Sleep ZZZZZZZZZZ

Getting plenty of sleep helps with weight management, feeling good and learning.



Plenty of physical activity during the day helps kids with sleep.

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WELLBEING AND VITALITY IN EDUCATION

Move more at home - together!

Being active is fun and has lots of benefits for the whole family. Try to do something fun and active as a family each week. Some ideas are rolling down a grass bank, playing tag, walking along the beach or taking a trip to your local park or pool.



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WELLBEING AND VITALITY IN



Got 5 minutes?

Skip with a rope ★ Hula-Hoop
Climb a tree ★ Walk up some steps
Shoot some hoops
Have a family dance-off
Get off the bus one stop early

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Got 15 minutes?

Rake or sweep up leaves
Get off the bus two stops early
Running races around the outside of the house
Walk to work or school ★ Play hide'n'seek
Walk around the block ★ Throw a frisbee

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Got 30 minutes?

Wash the car ★ Kick a ball
Walk the dog ★ Dance
Ride or scooter or bike ★ Play tag
Fly a kite ★ Play hopscotch

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Got 30+ minutes?

Go for a beach or bush walk

Go for a swim

Go for a bike ride

Take a ball to the park

Play backyard cricket

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WELLBEING AND VITALITY IN EDUCATION