GET ACTIVE

Find a way to move

There is no wrong way to be active. Try a few things and keep the ones you enjoy.



Walk

Take the long way, or walk with a friend.



Cycle

Ride to school, work or the park.



Swim

Splash about or swim lengths.



Play a game

Join a team or kick a ball about.



Dance

Put your favourite music on and move.



Run

Start at an easy pace and build up.