

have you had your 60 active minutes?

Just little things throughout the day give us the 60 minutes of activity we all need. Why not play tag tails in the park with friends, try cycling to school or try new activities at your Change4Life Sports Club?

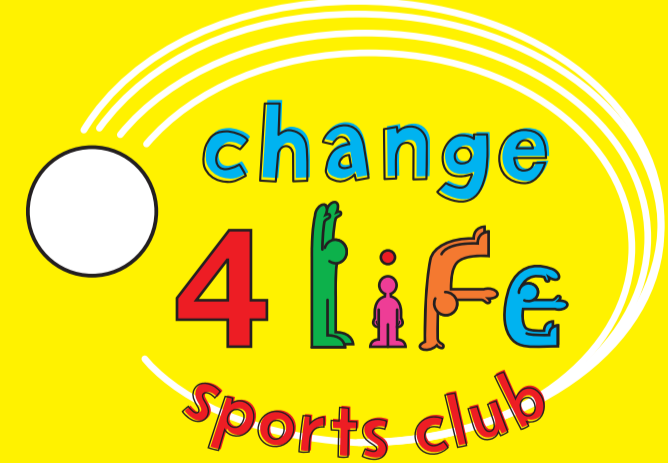
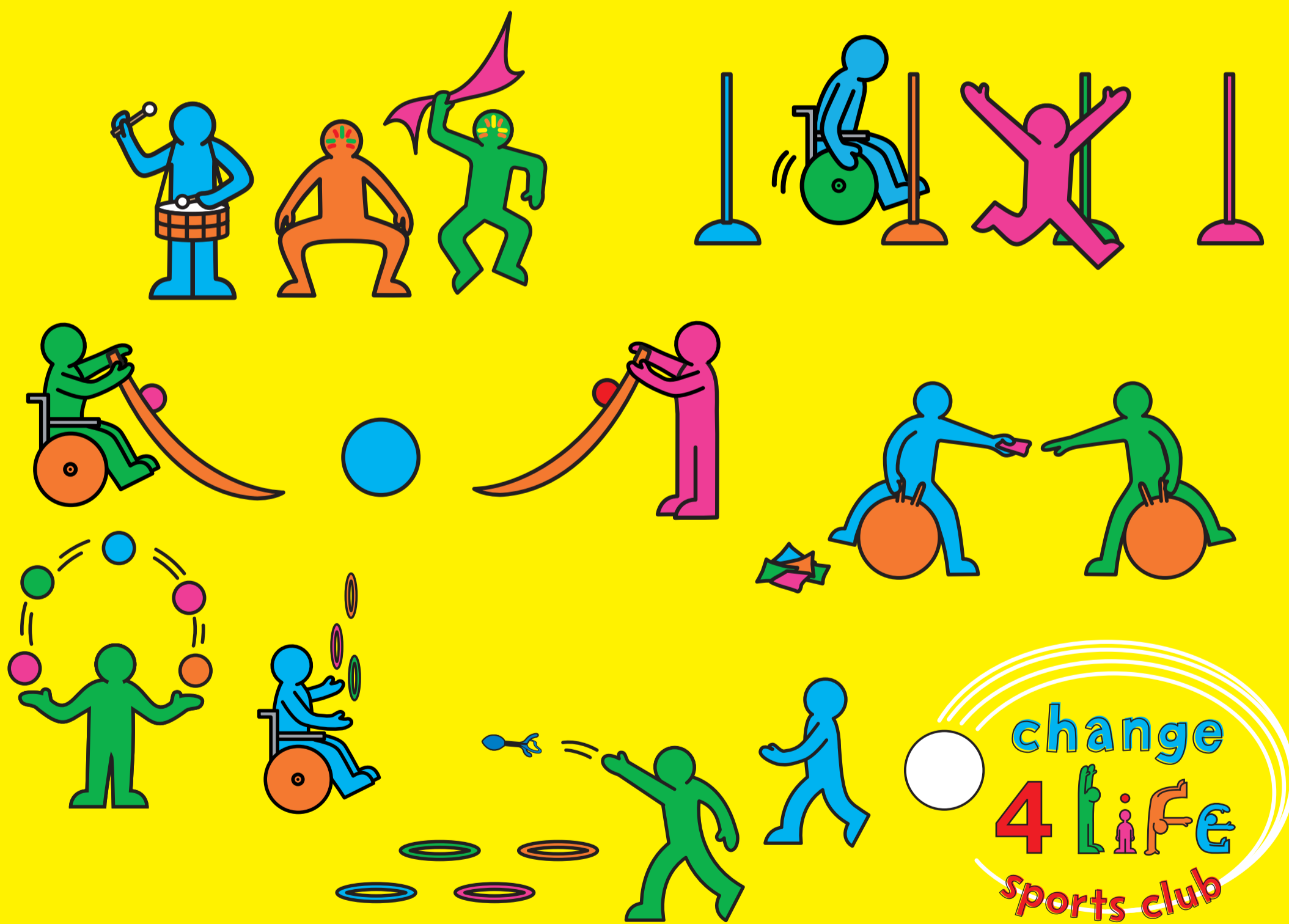


change
4 life
sports club



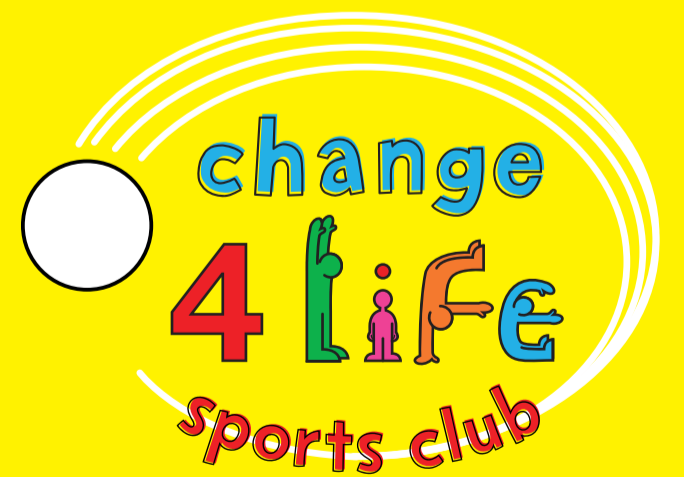
get moving today!

Simply getting out, about and moving is good for you. Try making up new games with your friends and family to play at lunchtime or after school. Your school's Change4Life Sports Club is a great place to start.



why not walk?

Getting to school is more fun on foot. Walking, running, skipping and hopping are all good for your body and they're way more fun than sitting still in a car or bus. Your Change4Life Sports Club has lots of activities where you walk, run, hop and skip and is another way to get more active.



what is your active snack?

You can swap sugary things like chocolate and sweets for a banana or a handful of unsalted nuts to give you energy. They also contain other things that are good for you like vitamins, minerals and fibre.

What will you snack on after your Change4Life Sports Club?

