

Active play 3 hours a day...move more and sit less!



Moving more
and sitting less

Why move more and sit less?

- Helping your child to enjoy active play every day can help them to enjoy physical activity as they grow older.
- Physically active children are more likely to have better well-being, improved learning, motor development and bone strength
- Physically active children have less risk of developing obesity, heart conditions and diabetes.

How can you help your child achieve 3 hours of active play every day?

- Children love to copy their parents and caregivers. By showing them that you are enjoying physical activity then they are more likely to enjoy it too!
- Make moving fun, children will get out of breath doing activities they enjoy!
- Visit the many free parks and green spaces in Hackney

In partnership with

 Hackney


Homerton
University Hospital
NHS Foundation Trust

UK Physical Activity guidelines recommend:

- Toddlers (1-2 years) should spend at least **180 minutes (3 hours)** per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better
- Pre-schoolers (3-4 years) should spend at least **180 minutes (3 hours)** per day in a variety of physical activities spread throughout the day, including active and outdoor play.

More is better; **the 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.**

First point of contact

If you are worried about your child's physical skills or their activity levels you can contact your health visitor: Tel: 0207 683 4151 (9-5pm Monday–Friday)

Website: hackneyandcityhealthvisiting.nhs.uk/

Or speak to your GP.

Local information and support

Visit your local Childrens Centre, leisure centre, nursery or library to find out about how you and your child can move more and sit less.



Find out more at:

education.hackney.gov.uk/birthtofive

Our Journey
Birth to 5 Years