

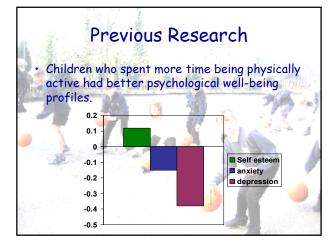


Physiological Reasons

- Promote healthy growth and development.
- · Build strong bones and muscles.
- Maintain and develop flexibility.
- · Help achieve and maintain a healthy weight.
- Improve cardiovascular fitness.

Psychological Reasons

- · Line of my own research.
- Promotes improvement in anxiety levels.
- Promotes improvement in depression levels.
- · Promotes improvement in self-esteem.
- Promotes improvement in psychological wellbeing.



Current Guidelines

Children should achieve a total of at least 60 minutes of at least moderate intensity physical activity each day.

Equal to: 13000 steps for boys 12000 steps for girls

What sort of activity?

- Does not always have to make you out of breath (vigorous).
- Try and spend less time in sedentary activities.

What do we mean by sedentary?

- Sedentary activities include:
 - · Watching TV.
 - Playing games machines, Playstation, X-box etc.
 - Playing computer games.
 - · 'surfing' the internet.
- Not all sedentary activities are bad:
 - · School work.
 - · Reading.
 - · Internet for knowledge.



Non-sporting physical activities

- · Playing with/walking pets.
- · Household chores.
- · Gardening.
- · Dancing.
- Simply going for a walk.
- · You can probably think of other activities.

Tips for increasing physical activity

- When chatting with friends, WALK.
- Walk to and from school and other locations, when ever possible.
- After 30 minutes of computer or games machine play, take 5 minutes off and go for a walk. This can be applied at any time.
- · You can probably think of other activities.

If you are watching TV

- Try some activities during the commercial break.
- During the commercial break, walk up and down the stairs once before returning back to the TV.
- When the commercials begin, get out of your seats and try to sustain activity for the entire commercial break. Try marching or jogging on the spot, jumping jacks, or stepping side to side.
- Challenge yourselves to do as many push ups as you can during one commercial. For the next commercial, challenge yourselves to do as many situps as you can.

These are just a few ideas

You can probably think of many others and there is lots of information on the internet.