



Win With Dairy

Encourage Activity

Being active can not only have a positive effect on your child's health, but it can also be a great way for them to meet new friends and form new interests. Including activity as a natural part of their everyday routine at a young age means they are more likely to continue this healthy habit throughout life.

How active should children be?

Children should be active for at least 60 minutes every day, and their routine should include the different types and levels of activity.

- **Moderate:** During this type of activity breathing and heart rate increases but conversation can still be carried out. You feel warm and sweat slightly. Examples include: cycling, brisk walking, hiking, rollerblading.
- **Vigorous:** During this type of activity breathing is heavy and it is more difficult to carry out a conversation. Your heart rate and sweating increases. Examples include: running, certain dance styles and team sports such as football, basketball, hurling.
- **Muscle-strengthening activities include:** swinging on playground equipment or bars, rope climbing.
- **Bone-strengthening activities include:** rope skipping, gymnastics, running, dancing, tennis, most team sports.
- **Flexibility activities include:** gymnastics, ballet, martial arts.

Get them going

- Keep it fun by keeping activities varied.
- Check out your local community or leisure centre for sport clubs or classes.
- Incorporate family time by enjoying a family walk, cycle or swim.
- Swap outdoor activities for indoor ones when the weather is wet - such as swimming/indoor soccer/a dance class - or be prepared with raincoats and wellies!
- Cut the short cuts by walking or cycling, even part of your journey, rather than taking the bus or the car.
- Buy them gifts that encourage activity such as a football or a skipping rope.



Winning tips for getting children active!

Screens of all kinds, from TV to tablets, tend to keep children sitting and sedentary. More than ever before we've got to be proactive in ensuring our children are active.

- Switch off the TV and limit screen time. Agree a time limit and stick with it. Remember there is no chance of children being active when watching TV.
- Get active yourself. Children learn through example.
- Make it family time. Enjoy a laugh and a chat while going for a walk, cycle or swim.
- Teach your children the games you played when you were younger, they'll enjoy them as much as you did!
- Encourage your children to walk or cycle to school – or at least some of the way.
- Help your children to develop basic skills such as throwing and catching. Get them to practice and show you the skills they learn in P.E.

