

# Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**



## Glossary

- exercise** An activity that enhances fitness and physical health.
- expression** A gesture or facial expression that shows how someone is feeling.
- mental** Something relating to the mind.
- physical** Something relating to the body.
- ultraviolet** Rays of light, from the sun that can burn the skin.
- wellbeing** How happy, comfortable and well a person is.

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Use 5-star rated, high-SPF sun cream
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Drink plenty of water
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Cover up with a hat and long sleeves
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Wear sunglasses to protect your eyes
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Stay in the shade between 11 to 3

