



EXERCISE

Factsheet

This factsheet will provide you with information and links to websites that explain the importance of physical activity and how you can encourage your child to be more active.

EXERCISE

Young people aged 5-18 should engage in moderate to vigorous physical activity for at least 60 minutes and up to several hours every day. The benefit of doing so helps maintain a healthy weight, preventing the body storing excess fat and therefore reducing the risk of developing certain cancers, diabetes and heart disease. It also helps to improve cardiovascular, joint and bone health as well as improve self-esteem and the development of social skills.

Tip 1: To increase physical activity less time needs to be spent doing sedentary activities such as watching TV or playing on computer consoles and tablets.

Tip 2: Moderate exercise is defined as an activity that raises your heart rate and makes you feel warm. Some moderate activities that can be done quite easily are walking to school, playing in the playground, riding a scooter, walking the dog or cycling on level ground.

Tip 3: Vigorous exercise is an activity that makes you breathe hard and fast, where you find it difficult to say more than a few words. Some vigorous activities you could participate in are football, rugby, swimming, gymnastics, running, dancing, martial arts and cycling on hilly ground.

Tip 4: If there is a choice between taking the stairs and taking a lift always opt for the stairs.

Tip 5: Try to walk or cycle to school whenever possible.

Tip 6: When we exercise our body's release chemicals called endorphins which help us feel good and improve our mental health. Mild to moderate exercise can significantly improve our mood and wellbeing

Tip 7: Check out local council and Active Cumbria websites to see what activities are available in your community - [Activity Finder - Active Cumbria](http://www.activecumbria.org) (www.activecumbria.org)

Tip 8: Exercising as a family is fun; take a walk together, play in the park, be an active family.

VISIT THESE USEFUL WEBSITES

Children's Health Services 0 -19 - Healthy Lifestyles

NHS - Exercise & physical activity

Active Cumbria - Activity Finder

Westmorland & Furness - Holiday Activities & Food

If you would like any help or support to improve with your child please book an appointment in our E-School Nurse video clinic.

Telephone: 0300 304 9039

Visit our website: [Growing Healthy 0-19 Westmorland & Furness](https://www.growinghealthy.co.uk/)

Find us on Facebook and Instagram: Growing Healthy Westmorland and Furness 0-19

You can also find more information about our service, your child's development and local services by downloading our App.