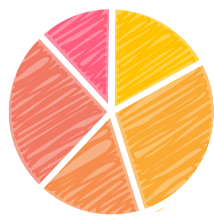


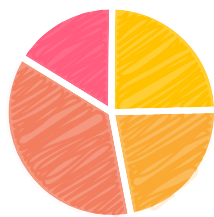


## Starting points



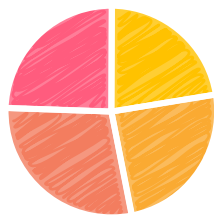
### Walk more, and more quickly

- walk with a dog
- walk to school
- walk with friends
- walk the long way to my next lesson
- go up stairs two at a time



### On your bike

- ride your bike to school
- go for a ride in the countryside
- meet up with friends
- ride to the shops



### Look for opportunities

- join after school activity clubs
- have a kick-about in the park
- standing up when using your phone
- dance with your friends to your favourite songs

## Things that might make it harder

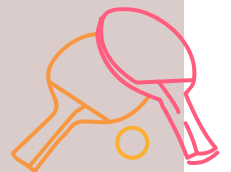
### Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



### Feeling nervous about physical activity

Doing things with people you know e.g. friends and family is a good way to build confidence.



### Doing too much too quickly

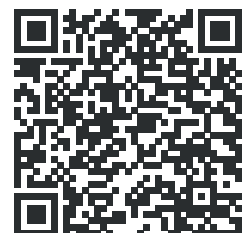
So start slowly and build up to more.



## Daily checklist

Try to make sure you do at least 2 of these every day:

- Get outside for at least an hour
- Take the long route to somewhere
- Get out of breath at least once
- Sit upstairs on the bus
- Dance to your favourite track



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