

THE IMPORTANCE OF PHYSICAL ACTIVITY

LEARNING SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP



Physical Activity for Children and Young People

To maintain a basic level of health, children and young people aged 5 to 18 need to achieve their physical activity guidelines.

Adults (aged 19-64) have different physical activity guidelines.

See the guidelines pictured.

Physical Activity Information

People are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen.

Physical activity is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

The benefits of regular physical activity include controlling weight, regulation of blood pressure, reduce the risk of depression, helps prevent cancers and strengthens the heart (NHS, 2019).

To find out more information visit: <https://www.nhs.uk/live-well/exercise/>

According to the Active Lives Survey 2018-2019 just 18.1% of children and young people in Leicestershire met the physical activity guidelines.

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