

Why?

Make friends



Help your heart



Boost energy

Sleep great



Grow strong



Feel great



Be healthy

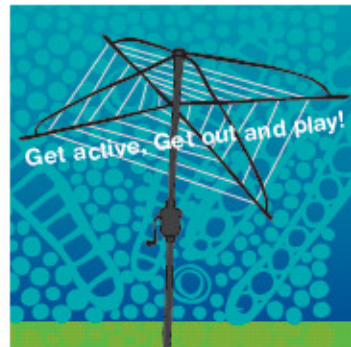


It's Easy

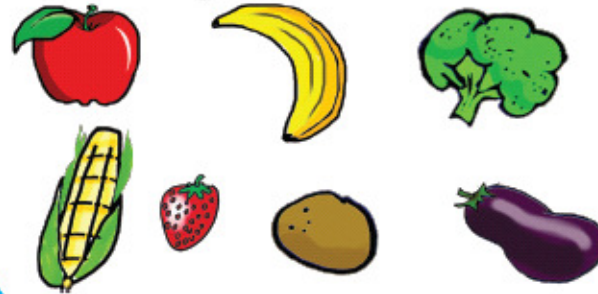
Drink water



Get active, get out and play



Eat more veg and fruit



Good for kids
good for life

Find out more:
www.goodforkids.nsw.gov.au
1300 657 197

Live Life Well



NSW HEALTH
HUNTER NEW ENGLAND
AREA HEALTH SERVICE

Good for kids
good for life



Get active, Get out and play!



Physical activity
for Murri and Koori kids

How Much Activity Do I Need?

kids



at least 1 hour a day

adults



at least 30 minutes a day

Ways To Get It

Riding



Playing sport



Walking the dog



Dancing

Deadly Ideas To Get Active

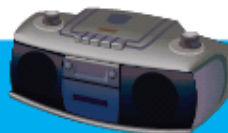
Start out slow and work your way up. Further, faster every day



Switch off, have a couple of TV-free days each week



**Shake a leg
Have a sing
with the mob**



**Walk, play
and have
fun together**

**Leave the car
at home and
walk, skate,
skip or ride
instead**

