Children aged 11 and from the poorest income groups are as likely to be obese compared to their most well off counterparts.

**Children should be physically active for at least 60 minutes every day**

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sport and physical activity events
- 1K-A-Day

- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Nearly a third of children aged 2 to 15 are overweight or obese.

Children aged 11 and from the poorest income groups are **3 TIMES** as likely to be obese compared to their most well off counterparts.

Children who are aerobically fit have higher academic scores.

**Physical activity and sport is linked to**
- improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

Drink more water instead around **6-8 glasses per day**

For more information visit www.yorkshiresport.org
What can you do?

- Go for a long walk with the family (with or without a dog!)
- Find a junior parkrun near you by searching at www.parkrun.org.uk/events/juniorevents
- Walk, cycle or scoot to school
- Go swimming
- Get off the bus one stop early and walk the rest of the way
- Park in the furthest away parking space when visiting the shops
- Don’t seat young children in the shopping trolley or buggy; let them help to choose healthy food options
- Join a local sports club (search online for your County Sport Partnership which will have a local activity finder)
- Limit screen time to an hour a day and encourage children to do alternative activities such as playing, drawing or reading
- Lead by example; be a role model by taking part in activities with your children

Try this:

Kids love tech! Buy an inexpensive pedometer or activity tracker and set goals with rewards for being active.

Try this:

Change the TV channel to a video channel or radio station and spend 10 minutes dancing to the music!

Try this:

If you don’t have a dog, ask a neighbour if you can take theirs out for a walk. They will be very appreciative of a day off!

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