

## Your Challenge Get active every day

move more, sit less!

## Choose some activities everyday that:



Make you feel warmer



Make you breathe harder

Make your heart beat faster

## Move more and sit less! Try to:



Move around during breaks and lunchtimes



Walk instead of travelling by car or bus



Get busy at the weekend – do your chores to music, go for a family walk, try a new activity

## What will you do?



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