

Stand up for activity

Most people will think that being active means sport or some other intense physical activity. Of course, exercise is good for you, but sitting less, standing often and moving more have huge health benefits, too.

Even small amounts of regular activity can reduce the risk Type 2 diabetes, heart disease, high blood pressure and some cancers. It can also improve memory, creativity, energy and our emotional well-being.

Did you know?

A recent study showed that over half of children in the UK fail to achieve the Government's daily recommendation of one hour's moderate physical activity. Worse, just over 30% of children achieve less than 30 minutes a day!



Did you know?

Everyone talks about 10000 steps. In fact, this was made up by a Japanese company to sell their pedometer which they called the 10000! Three brisk 10-minute walks a day will do you more good. Just taking 2500 steps regularly will have health benefits!



Active Movement is different

Every movement you make is an active one. Standing up. Climbing a few stairs. Taking a short walk. Frequent small steps can lead to big health gains and that's what the programme does. It adds standing and moving to every part of classroom routine for every child, every day. Better still, it requires no kit or equipment and enhances the lesson. At the same time, it does not burden the teacher or affect teaching time.



Active Movement – why a second year

Last year, Active Movement helped staff, children and parents add more movement to each classroom. Results saw children sit less, play more sport and be thinner. This year, teachers shape Active Movement to suit them. Children take more responsibility. And we look at its long-term potential. After all, Active Movement can benefit everyone for a lifetime!

Did you know?

Children spend over 6 hours a day sitting down often in front of some kind of a screen. Yet it takes just 30 minutes sitting for the body to start slowing down. Adults spend even more time sitting down, averaging over 9 hours sitting!

Did you know?

Active Movement is co-founded by Professor Mike Loosemore MBE. He is a world-expert in Exercise Medicine and a pioneer in reducing inactivity across all age groups. He has worked with elite athletes, the Olympic committee, British boxing as well as senior roles at the Institute of Sport, Exercise and Health and the NHS.



How parents can join the Active Movement

Remember, Active Movement is not just for school time. We want to add more movement to life at home as well. So not only will children see the health benefits, but parents will improve their own wellbeing

That is why we want parents to be involved as much as possible. For example, encourage your children to sit less, stand often and move more everywhere, every day.

Act as role models for them by reducing the amount of time you spend sitting down. Why not stand up every time the commercials come on TV!

And look out for ways you can help your children with some special Active Movement Homeworks.



For more information, talk to Mrs Lee Kitson at Westende Junior, email peter@activemovement.co.uk or visit www.activemovementschools.co.uk

