

Fact sheet 3**Get active and try to be a healthy weight.**

To stay healthy we need to eat lots of different types of food, and we need to be ACTIVE.

We can do lots of things to be active.

WALKING

Walking is a good way to be active. Try to think of ways that you could do more walking each day. Perhaps you could walk to school with an adult. Perhaps you could go for a walk with your family at the weekend. Try to walk quite quickly.



Remember, always ask your parent or carer if you want to go for a walk.

PLAYING

Playing an active game is good for you and lots of fun, too!

Have you tried any of these games before? Chase, tag and hopscotch. Try to play an active game whenever you can. You could play a game at school during breaktime or you could play a game after school. Try making up your own games.



Remember, always play somewhere safe. Ask an adult if you're not sure where you can play safely.

We can do lots of different things to be active. Look at all these.

- ❖ Swimming
- ❖ Dancing
- ❖ Cycling
- ❖ Running
- ❖ Football
- ❖ Horse riding

What things do you do to be active? What other activities could you fit into your day?

Being active and eating well help us to be a healthy weight and feel great!