

LimbPower #GetMoving #MoveMore for children



1 Make activity part of your routine

You and your child are more likely to stick with exercise plans if they become part of your daily routine.



2 Walk or push to school if you can

If it is too far or your child struggles to walk/push then park near the school rather than at the school and walk a little further every day.

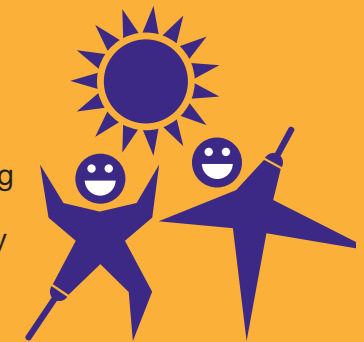
3 Prepare for breakfast

Get the children to lay the table for breakfast and dinner, making sure they take one item to the table at a time!



4 Outdoor play

Get outdoors when you can, bring a friend along. Children love to play with their friends, particularly in the summer months.



5 Limit TV, video games and computer time

Play with your children – children love it when their parents play with them so join in if you want your children to move more.

6 Use exercise as a reward

If your child doesn't want to do their homework, offer a physical activity as time out.



If your child is in a wheelchair there are plenty of wheelchair exercises you can use to help build activity into your daily routine.

IN PARTNERSHIP WITH:

