



TO KEEP HEALTHY, CHILDREN SHOULD BE MOVING FOR AT LEAST 60 MINUTES OR MORE PER DAY.

Exercise should be completed at a moderate to vigorous intensity, and it's important aerobic activities (e.g. running, jumping, walking) are included. To keep it fun, you can mix and match your activities and even turn it in to a competition!

We've listed some ideas below to get you started - try three every day:



BUILD A CUBBY OR TREE HOUSE



30-MINUTE SCOOTER/
BIKE RIDE/ SKATEBOARD/
ROLLERBLADE



FIND A 'KIDS YOGA'
YOUTUBE VIDEO



SKIPPING ROPE
COMPETITIONS



PRACTICE BOUNCING AND
CATCHING BOUNCY BALLS



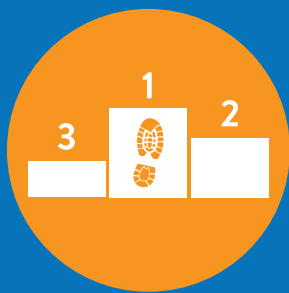
MAKE YOUR OWN
TWISTER CHALLENGE



ZUMBA DANCE PARTY
OR 'LEARN TO DANCE'
YOUTUBE VIDEOS



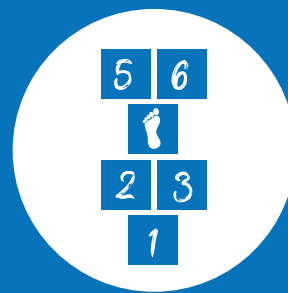
'WHAT'S THE TIME MR
WOLF?' GAME



CREATE YOUR OWN KIDS
BOOT CAMP WITH PRIZES



PRACTICE YOUR SOCCER
SKILLS WITH DRIBBLING,
KICKING AND SHOOTING



HOPSCOTCH
CHALLENGE



SCAVENGER HUNT IN THE
HOUSE AND GARDEN



HIDE & SEEK



CREATE A GARDEN
OBSTACLE COURSE



MAKE A PLAYLIST AND DANCE
TO YOUR FAVOURITE SONGS



ULTIMATE FRISBEE
COMPETITION

For more information on how to Exercise Right at Home, visit exerciseright.com.au