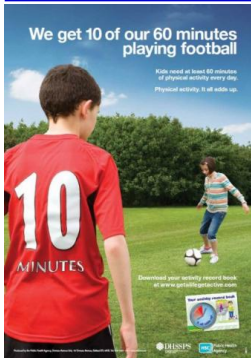


Wednesday, 30 November 2011

## Health and Social Wellbeing Improvement



This poster highlights the importance of children being physically active for at least 60 minutes every day. Parents, carers and children are encouraged to visit the website [www.getalifegetactive.com](http://www.getalifegetactive.com) to download the activity log book to track how much activity they are doing daily.

## Details

Format

A3 posters

Target group

Parents, carers and children

## Downloads

Attachment	Size
<a href="#">Phys_Act_30_mins_poster_08_11_LR.pdf</a>	814.25 KB

## Tags

- [Physical activity](#)

[Print](#)