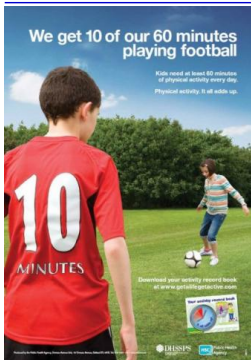


Wednesday, 30 November 2011

## [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](#)