



We get 10 of our 60 minutes playing football

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 to download the activity log book to track how much activity they are doing daily.

Published

30 November 2011

Last reviewed

13 September 2018

Details

Format

A3 posters

Target group

Parents, carers and children

Downloads

Attachment

Size

[Phys Act 30 mins poster 08 11 LR.pdf](#) 814.25 KB

Tags

- [Physical activity](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)