

# Fact sheet for Parents and Guardians



Being physically active is one of the most important steps that you can take to improve the health of your children, whatever their age or ability  
**So encourage them to be active their way and enjoy the rewards!**

## How much?

At least 60 minutes of moderate intensity physical activity every day.

## What counts?

Children are naturally active so any amount of physical activity counts towards their 60 minutes. Active games such as hopscotch, tag, skipping as well as organised activities such as soccer, hurling, dancing all count.

Adults should be active for at least 30 minutes 5 days a week – so get out and join in the fun. Research shows that children whose parents are physically active are more active too.

## How it feels?

### Moderate activity

Heart is beating faster than normal, breathing is harder than normal.

### Vigorous activity

Heart is beating much faster than normal and breathing is much harder than normal.

## Getting children more active

Start off slowly. Build up to an extra 15 - 30 minutes of moderate intensity activity 1 - 2 days a week. Once you reach this, aim for 30 minutes of activity on most days of the week, for example go from 30 minutes on 2 - 3 days a week, to 30 minutes on 3 - 4 days a week.

Become more active for longer - include some days with 60 minutes or more and choose more vigorous activity.

Over time you will get closer to the goal of 60 minutes or more of moderate to vigorous physical activity every day.