



MINUTES  
TO GO

CHALLENGE

**TeamMCR**

ACTIVE, HAPPY & HEALTHY



# 60 MINUTES TO GO

CHALLENGE *TeamMCR*



	To School	Break/Lunch during school	P.E.	From School	Free Time	TOTAL
MON						
TUE						
WED						
THU						
FRI						

## ENJOY

Sport at school,  
sport at home,  
sport in your community,  
connecting with others  
and improve both your  
mental and physical health.

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### WHY NOT...

- walk the dog
- join a gym or sports/running club
- go for an outdoor walk
- go with your friends on a bike ride
- use a Wii Fit, Just Dance Kids or Nickelodeon Fit
- join a dance class
- go swimming with your friends
- play frisbee, play swing ball or skip
- sign up for fitness classes
- do the Daily Mile

### BENEFITS OF REGULAR PHYSICAL ACTIVITY, TO YOU, ARE...

- Healthier weight
- Better heart health
- Improved performance at school
- Energy levels boosted
- Improved attention
- Better mood and memory

### UK Chief Medical Officer has recommended children & young people aged 5 to 18 should...

- Aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day
- All activities should make you breathe faster and feel warmer

[teammcr.com](http://teammcr.com)

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