# Physical activity for early years
## (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS **RELATIONSHIPS & SOCIAL SKILLS**
- MAINTAINS **HEALTH & WEIGHT**
- CONTRIBUTES TO **BRAIN DEVELOPMENT & LEARNING**
- IMPROVES **SLEEP**
- DEVELOPS **MUSCLES & BONES**
- ENCOURAGES **MOVEMENT & CO-ORDINATION**

# Every movement counts







# Move more. Sit less. Play together

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: www.bit.ly/startactive**