

**Get Strong
Move More**



Exercise for children and young people | Great Ormond Street Hospital (gosh.nhs.uk)

Benefits of Physical Activity for the Whole Family



Check Out these local links to see whats available in Aberdeen City and Shire

<p>Sport Aberdeen</p> <p>Live, Life, Aberdeenshire</p> <ul style="list-style-type: none"> — Swimming — Racquet Sports — Fitness — Golf — Gymnastics — Ice Skating — Snowsports — Bowling — Dance — Cricket — Football — Get active @ home — Hockey — Netball — Holiday camps — Rugby — Softplay — Adventurous Activities — Active Lifestyles 	<p>Active Schools</p> <ul style="list-style-type: none"> — Sporting Opportunities at your school — Physical Activity Opportunities at your school — Active Girls Committee — Fun Run — Sports Leadership Programme — Aberdeen Youth Games 	<p>Scottish Disability Sport</p> <p>Inclusive Sports</p> <ul style="list-style-type: none"> — Swimming — Badminton — Cross Country — Bowls — Football — Boccia — Athletics — Cycling <p>Local Events</p> <ul style="list-style-type: none"> — Summer Camps — Wheelchair sports — Parasports days <p>Young Persons Sport Panel</p>	<p>NHS Website</p> <p>Online Resources</p> <ul style="list-style-type: none"> — Couch to 5K — Walking Groups <p>Online videos for</p> <ul style="list-style-type: none"> — Aerobic exercises — Toning Exercises — Dancing — Yoga — Pilates — Toning 	<p>Local Spots</p> <ul style="list-style-type: none"> — Walk — Hike — Bike — Scoot — Playgrounds — Ball Games — Outdoor play — Skate — Bowls — Hide and Seek
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Moderate intensity; Increased breathing able to talk | **Vigorous intensity;** Breathing fast difficult talking