Physical Activity Guidelines:

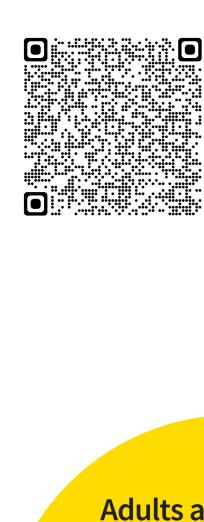
Ideas for the whole family

Paediatric Physiotherapy Department, RACH





Move More



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

Benefits of Physical Activity for the Whole Shain Emotional Emotional Function

The Archie, Foundation We're here for you

Adults and Older Adults: At least 150 minutes moderate exercise per week or 75 minutes vigorous intensity per week. Build strength on at

least 2 days a week.

Improves Posture and Balance

Encourages Better Sleep

> **Physical Activity for Disabled Children and Disabled Young People:** Aim for an average of at least 60 minutes per day

Encourages Healthy Growth and Development

UK Chief Medical Officers

Physical Activities Guidelines

to Socialise

Opportunities

Physical Activity for Pregnant Woman:

Aim for 150 minutes of moderate activity each week.

across the week



5 – 18 years:

of at least 60

Aim for an average

minutes per day

Improves Self Confidence and **Boosts Mood**

10

Helps maintain

a Healthy

Weight

Builds Stronger Heart, Bones

and Muscles

Reduces the Risk of Chronic Disease

8

Physical activity for women after childbirth: Aim for 150 minutes

of moderate activity every week.



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

Sport Aberdeen

Live, Life, Aberdeenshire





- 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

Active Schools



- Sporting Opportunities at your school
- Physical Activity Opportunities at your school
- Active Girls Committee
- Fun Run
- Sports Leadership Programme
- Aberdeen Youth Games



Scottish Disability Sport



Inclusive Sports

- Swimming
- Badminton Cross Country
- Bowls
- Football Boccia
- Athletics
- Cycling

Local Events

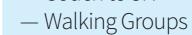
- Summer Camps — Wheelchair sports
- Parasports days

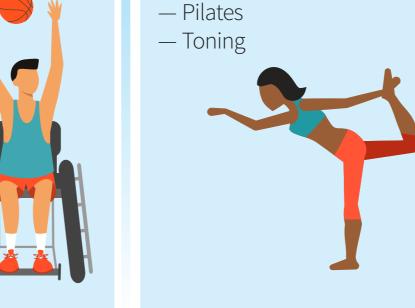
Young Persons Sport Panel











NHS Website





- Couch to 5K

Online videos for

- Aerobic exercises
- Toning Exercises
- Dancing
- Yoga



Local Spots





- Walk
- Hike
- Bike — Scoot
- Playgrounds — Ball Games
- Outdoor play Skate
- Bowls
- Hide and Seek

