

feeling good and living well



join families for life,
a free fun programme for parents and
children aged 2 to 11

cook and eat together and get active

www.islington.gov.uk/familiesforlife to book on a
programme

Families for Life
feeling good and living well



Bright
Start
Islington



ISLINGTON

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS

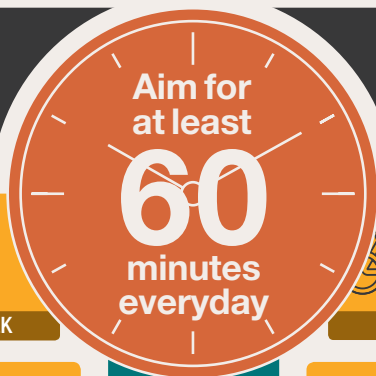


MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Include muscle
and bone
strengthening
activities

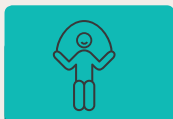


SPORT

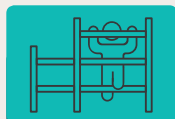


PE

3 TIMES
PER
WEEK



SKIP



CLIMB



WORKOUT



DANCE

Sit less



LOUNGING

Move more

Help your child get at least 60 minutes of physical
activity everyday

www.islington.gov.uk/active