

60 ACTIVE MINUTES CARDS

Print them, stick them together and cut them out.



**skip
your way**



**animal
magic**



**boogie
break**



**balloon
keepy-uppy**



**grab your
wheels**



**get
bouncing**



go wild



happy hula



**walk the
dog**



Try throwing them in a hat and drawing one out.

take a boogie break

Dancing doesn't even feel like exercise. It's great fun and uses up loads of calories. You can do it in your bedroom, to the theme tune of your favourite TV show, or in the kitchen to the radio - grab a 10 minute groove whenever you can.

animal magic

A fun family activity for toddlers and younger school children is animal magic - see who can hop like a bunny, walk like a spider, stretch like a cat, run like a monkey. It's a great way to be active and see who can make the funniest animal faces and noises too.

skip your way to 60 a day

Skipping uses lots of energy and is great fun, for girls and boys. It's a key form of training for many of the world's best athletes and boxers. Skipping ropes are cheap and you can take them everywhere. A piece of old rope or a long scarf work just as well.

get bouncing

Trampolining is a winner for fun and fitness. Even the smallest trampoline in your garden or house, is enough to get your heart pumping and your muscles working. For the more adventurous, check your local leisure centre, many offer trampolining classes - or go visit a friend who has one.

grab your wheels

Scooting, skate boarding, roller-blading and cycling are all excellent ways to get your active minutes up. Go for a ride before dinner to work up an appetite, or take the people-powered wheels to school instead of the bus.

balloon keepy-uppy

See how long you can keep the balloon up in the air for, using your hands, feet, head. Play on your own or challenge a friend or even your Dad.

take someone's dog for a walk

If you know someone who has a dog, or if you have one yourself, grab a lead and get walking. It's a great way to get some exercise, fresh air, and a new canine friend.

happy hula

Hula Hoops are much overlooked active hero. They're cheap, fun to use and you can do so much with them, from seeing how long you can keep it going round your waist, to rolling and catching it before it falls, skipping with it to throwing it to try and hoopla your friends. Grab a hoop and get healthy.

go wild

Head to your nearest park, or woods and see what you can discover - why not make your own nature trail? Make a note of all the different insects, animals and trees you see, then look them up when you get home. You'll be amazed how different it is each time you go. And there's nothing better than crunching leaves and finding conkers in Winter.

