We get 10 of our 60 minutes playing football

Kids need at least 60 minutes of physical activity every day.

Physical activity. It all adds up.

MINUTES

Download your activity record book at www.getalifegetactive.com



DHSSPS Department of Health, Social Services



Produced by the Public Health Agency, Ormeau Avenue Unit, 18 Ormeau Avenue, Belfast BT2 8HS. Tel: 028 9031 1611