

# UK Chief Medical Officers' Physical Activity Guidelines



## Every Move Matters - Make activity a part of your everyday

## Benefits of being active

## Spread activity throughout the day

**Early Years  
(Birth-5 years)**

Aim for at least



Under 1's



Builds Relationships & Social Skills

Develops Muscles & Bones

Encourages Movement & Coordination



**Children & Young People  
(5-18 years)**

Aim for an average of at least



Builds Confidence & Social Skills

Improves Health & Fitness

Improves Concentration & Learning



**Disabled Children & Young People**

For good health benefits do



Increase Confidence & Concentration

Improves Muscles and Motor Skills

Calmer, Less Stressed & Greater Mental Health

