



## HOW DO YOU GET YOURS EVERYDAY?

### AT HOME

Walking to Shops  
Family Walk  
Cycling/Scooter  
Sports Clubs  
Dance, Gym & Fitness classes  
Scouts & Guides  
Active Play with Friends



### AT SCHOOL

Active Travel to school  
Active Breakfast clubs  
Active Breaktimes  
Active After School Clubs  
PE Lessons  
Active Learning  
School Competitions

