

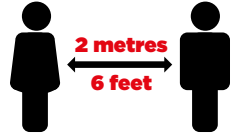


Southern Health and Social Care Trust

Quality Care - for you, with you

COVID-19 (CORONAVIRUS)

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres away from other people

Visit www.pha.site/coronavirus for latest information and advice on coronavirus

STAY ACTIVE @ HOME FOR FAMILIES



Benefits of physical activity for children & young people



Develops Co-ordination



Strengthens Muscles & Bones



Improves Sleep



Improves concentration & Learning



Improves health & fitness



Makes you feel good



IDEAS ON HOW TO BE ACTIVE AT HOME



Play



Go outside for a walk with the family



Sports

Daily Mile at home



Go outside for a family cycle



Active learning



Online videos at home



Dance



Break up sitting time

#Stayactiveathome

Every movement matters