Eat Smart Move More

Use the Activity Pyramid to help you to choose the right activities for you!

Strength and flexibility, bone strengthening
At least 3 times a week

Physial activity
At least 60 minutes every day

Cut down on sedentary activities
Limit screen time to a total of 1 hour per day

Be more active
Every day

All children and young people should be active at a moderate to vigorous level