

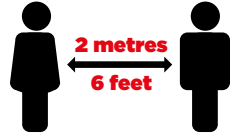


Southern Health and Social Care Trust

Quality Care - for you, with you

**COVID-19 (CORONAVIRUS)**

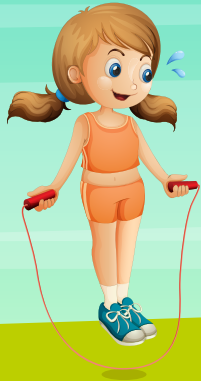
Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres away from other people

Visit [www.pha.site/coronavirus](http://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