

# Infographic. Physical activity for children and young people

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Physical activity (PA) levels amongst children and young people in the UK fall short of the Chief Medical Officers' (CMOs) guidelines and continue to decline.<sup>1 2</sup> This trend is exaggerated in specific groups such as those of low socio-economic status and teenage girls.<sup>2</sup> Childhood inactivity has huge implications for physical and psychological development and long-term morbidity.<sup>3</sup> Despite this, knowledge of the CMOs' PA recommendations remains low among healthcare professionals, leaving them inadequately prepared to deliver effective PA advice.

This infographic is the second in a series of three commissioned by the four

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UK CMOs (England, Scotland, Wales and Northern Ireland) to make their PA recommendations simpler both for healthcare workers to use and for the public to understand. The CMOs created an expert PA committee, with a range of clinical, academic, teaching and communications expertise, to develop this infographic.

Whilst the primary aim of this infographic is to facilitate effective advice and counselling on PA in the healthcare sector, the CMOs recognise that other sectors, including education, play a vital role in the health education of children and young people. This infographic was developed with this in mind to facilitate routine and opportunistic PA counselling and advice in healthcare and other settings, such as schools. It can also be used

as a stand-alone resource in poster, paper handout or electronic form.

We call on everyone with responsibility or influence over the health of children and young people to use and share this infographic and its messages at every opportunity.

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**Collaborators** On behalf of the UK CMOs' Expert Committee for Physical Activity.

**Competing interests** None.

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- 1 Department of Health. Start Active, Stay Active. *Strategy* 2011;62.
- 2 Public Health England. Everybody active, every day. 2014. <https://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life>.
- 3 Chalkley A, Milton K, Foster C. Change4Life Evidence Review: Rapid evidence review on the effect of physical activity participation among children aged 5–11 years. London: 2015.

# Physical activity for children and young people (5 – 18 Years)

 **BUILDS CONFIDENCE & SOCIAL SKILLS**

 **DEVELOPS CO-ORDINATION**

 **IMPROVES CONCENTRATION & LEARNING**

 **STRENGTHENS MUSCLES & BONES**

 **IMPROVES HEALTH & FITNESS**

 **MAINTAINS HEALTHY WEIGHT**

 **IMPROVES SLEEP**

 **MAKES YOU FEEL GOOD**

## Be physically active

**Spread activity throughout the day** **Aim for at least 60 minutes everyday** **All activities should make you breathe faster & feel warmer**

 <b>PLAY</b>	 <b>RUN/WALK</b>	<b>Include muscle and bone strengthening activities 3 TIMES PER WEEK</b>	 <b>BIKE</b>	 <b>ACTIVE TRAVEL</b>
 <b>SWIM</b>	 <b>SKATE</b>		 <b>SPORT</b>	 <b>PE</b>
 <b>SKIP</b>	 <b>CLIMB</b>		 <b>WORKOUT</b>	 <b>DANCE</b>

**Sit less**

  
**LOUNGING**

**Move more**

**Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday**

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)**