



*Active*  
play

*Every*  
day



Health  
Murrumbidgee  
Local Health District

# Risky play challenges children



Health  
Murrumbidgee  
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A low-angle, full-body photograph of a woman and a young girl jumping joyfully in a park. The woman, on the right, is wearing a white t-shirt and blue jeans, holding the girl's hands. The girl, on the left, is wearing a floral shirt and pink shorts, and is in mid-air with her arms outstretched. Both are smiling broadly. The background shows green trees and a clear blue sky.

**Have fun  
getting active  
as a family**



**Health**  
Murrumbidgee  
Local Health District

A photograph of three children playing soccer on a grassy field at sunset. A boy in a striped shirt is kicking a soccer ball, while a girl in a yellow shirt and jeans is running towards him. The sun is low on the horizon, creating a warm, golden glow. The sky is blue with some clouds.

How much is  
enough?

*60 minutes*  
or more  
each day





How much is enough  
activity for little ones?

*3 hours  
or more  
throughout  
the day*



Health  
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Park the  
car and  
walk to  
school



Health  
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The more they *burn*,  
the more they *learn*



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# Move more for a healthy mind



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Active  
Play  
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“We could reward good  
behaviour with active fun.”



What could you do?