

The Nottingham healthy child is active by...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

**Taking part in games
at breaktimes**

**Helping out
at home**

**Riding their
bike or
scooter**

**Getting some exercise
every day**

**Playing
actively
with their
friends**

**How will you get
moving today?**

These tips are shared by Nottingham children.



**Nottingham
City Council**