

The Nottingham healthy child is active by...



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

**Taking part in
after-school activities**

**Going for
runs**

**Playing
in a local
sports
club/team**

**Being active inside and outside,
such as going swimming, going
to the park, taking their dog
for a walk**

**Going for
walks
with their
family**



**How will you get
moving today?**

These tips are shared by Nottingham children.



**Nottingham
City Council**