



# INFORMATION FOR PARENTS

IT'S FUN AND IT'S FREE!

**Premier's Active April encourages Victorians to participate in 30 minutes of physical activity a day during April.**

Establishing the importance of physical activity during childhood can help ensure lifelong participation with resulting health, social, economic and environmental benefits for individuals and communities.

Families that register with Premier's Active April will be supported with healthy eating and physical activity tips and incentives.

Every participant will also receive:

- ▶ 10 free YMCA passes
- ▶ 15% off at Sportsmart in store and online
- ▶ one free hour tennis court hire at Melbourne Park or Albert Reserve
- ▶ a 2 for 1 ticket offer to SEA LIFE Melbourne Aquarium
- ▶ entry into the draw to win four tickets to the 2015 Toyota AFL Grand Final<sup>†</sup>

You can help support your child by joining in Active April and being active as a family after school and on weekends.

**Go to [activeapril.vic.gov.au](http://activeapril.vic.gov.au) to register today.**

**Active Children. Active Families.**

**PREMIER'S  
ACTIVE  
APRIL**

Terms and conditions for all prizes and offers apply. Visit [activeapril.vic.gov.au](http://activeapril.vic.gov.au) for details.

<sup>†</sup> AFL Authorisation Code: GFAFL 15/12.



## Physical activity during childhood can help with:

- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

## The National Physical Activity and Sedentary Behaviour Guidelines give the following recommendations for children (5-12 years) and young people (13-17 years):

For health benefits:

- accumulate at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every day.

To reduce health risks:

- limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day.
- break up long periods of sitting as often as possible.

NOTE: Premier's Active April is a great way to contribute to the recommended daily total of activity.

## What can you do to help?

- Be active with your children
- Turn off the TV and computer or limit the time allowed and substitute with a fun activity
- Plan some activities with your children – let them choose
- Find out what the school is doing – ask if they are keeping track of the activity time

## Things to consider when being active:

- Be sunsmart when outdoors
- Keep hydrated
- Wear comfortable shoes and clothing
- Know your children's limits

## Suggested activities you can do as a family:

- Walk to school
- Walk the dog
- Bike riding
- Explore where you live – walk a different route
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course

- Get some chalk and make a downball or hop-scotch court on your driveway
- Play a game of backyard cricket
- Backyard lawn bowls with the balls you have
- Kick-to-kick with the footy or soccer ball
- Wall tennis
- Backyard volleyball with a balloon or keep the balloon up
- Frisbee
- Rebound – throwing the ball against the wall
- Jump rope
- Hula hoop competition
- Hide and seek
- Throw and catch – and take step back when successful
- Head to the local playground
- Fly a kite
- Stand, stretch and walk around during every ad break on TV
- Three-legged races
- Sack races
- Roll a dice and the winning number selects the activity



MAJOR PARTNERS



Authorised by the Victorian Government, 1 Treasury Place, Melbourne.