



Parent information

May we move together

The aim of 'May we move together' is to encourage families to get active throughout the month of May, so that families can achieve their daily recommended physical activity government guidelines.

Physical activity guidelines

Children and young people (5-18 years)

60 minutes per day across the week.

Adults (19+ years)

150 minutes of moderate intensity exercise per week
or 75 minutes of vigorous intensity exercise per week.

Family friendly activity ideas

Spending time outdoors can improve mood and reduce stress. Walking is an easy and accessible way to improve physical and mental health. Visit a green space in Warwickshire and enjoy the scenery. Click on the links below to view green spaces in Warwickshire.

[Nature reserves](#)

[Woodlands](#)

[Country parks](#)

[Community parks](#)

Better Health Healthier Families

Activities - from fun 10 Minute Shake

Up games to information about active hobbies and sports, visit their website [here](#) to find everything you need to get your family moving!

60 second physical
activity challenges

#maywemovetogether

 @schoolhealthc4h

 @c4hwarwickshire

 @compassc4h

