

Useful information about physical activity for me

Physical activity is good for me

- It helps my heart
- It helps my mood
- It helps me to achieve a healthy weight
- It helps my performance at school
- It's good for my bones

There are things you can do to help

Talk to me about my concerns about being physically active:

- I may be feeling self-conscious
- I may have concerns around my appearance
- I may feel uneasy around changing in front of my peers
- I may have concerns about not being good at it
- I may be worried about becoming breathless
- I may have concerns that I will sweat a lot

It would be helpful if you could take my concerns into account, which may allow me to feel more comfortable when being physically active.

- If I am new to exercise, I may need to build up gradually
- Talk to my parent or guardian if you have any questions or concerns
- Help me to come up with solutions with regards to my concerns
- If I am concerned about changing in front of my peers, please provide me with space to change



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