



# 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

**Better Health Healthier Families Activities** - from fun 10 Minute Shake Up games to information about active hobbies and sports, scan the QR codes below to get inspired and find everything you need to get your family moving!



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 your area and enjoy the scenery.



01332 315569



changinglives@compass-uk.org



@compassclmhst

