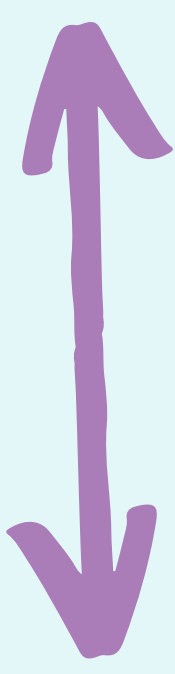


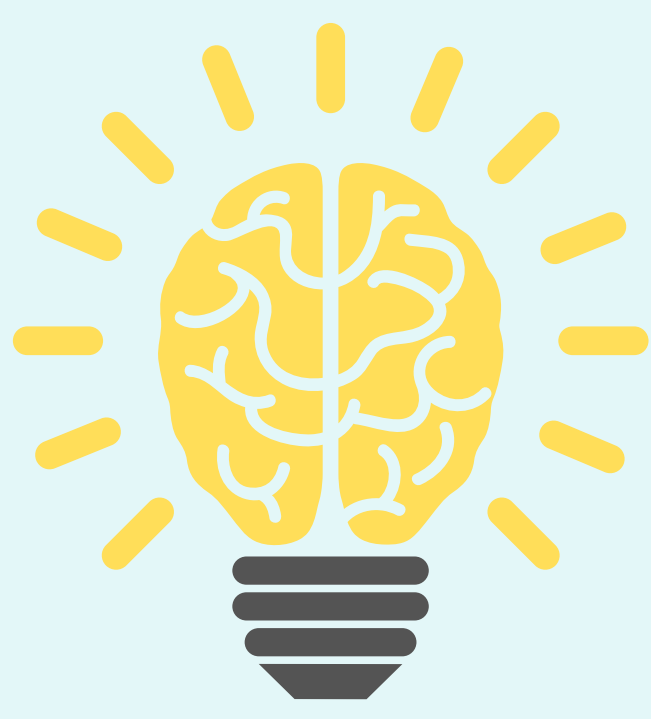
5 **minutes**
of physical activity
3 times
a day



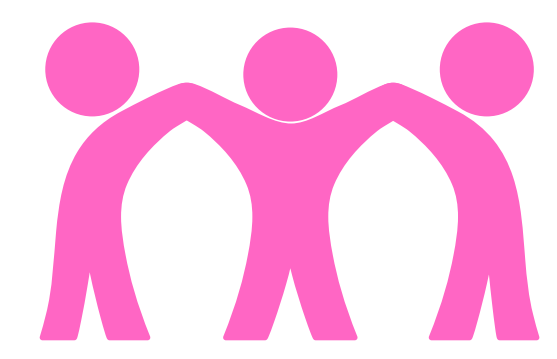
Why should we run energisers?



Increases focus
Decreases behavioural problems



Builds self-esteem



and social skills



Promotes relaxation and learning

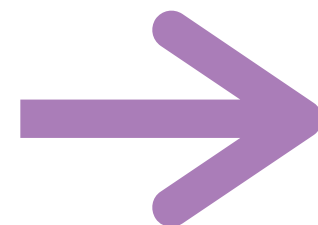
Improves balance, flexibility & strength



Can be played inside or outside



Easy
Fun
Quick



BIG
IMPACT

Energisers help children meet the National Physical Activity Guidelines of 60 mins of moderate to vigorous activity and 180 mins of total activity each day



Health
Hunter New England
Local Health District

Good for kids
good for life

