

you've
got
this!

EXERCISE SNACKING

With 10–15 mins of physical activity spread throughout the day, exercise snacking keeps your child active and energised.



ACTIVITIES TO TRY:

Morning walks
before school
or work.

Post-dinner
walks around
the neighbourhood.

Visit the playground
in the evening for
play or exercise.

Dance parties
as a family.

Do simple chores around
the house together.

Exercise snacking makes staying active achievable, even on busy days.

Visit [Parent Hub](#)
for more parenting resources



Or scan
to find
out more