



YOUTH
SPORT
TRUST

Supporting families to be active & healthy together





YOUTH
SPORT
TRUST

INTRODUCTION

Your child is taking part in a healthy lifestyle programme at school. They will be taking part in engaging activities and learning new ways to support their own health and wellbeing. Taking part in the programme helps participants to lead healthier and happier lives. The aim is for all participants to continue their healthy lifestyles at home, both during and after they have taken part in the programme. This booklet provides some information and ideas to help your child enjoy their healthy lifestyle and you can join in too!

Ask your child about the healthy lifestyle programme. Such as...

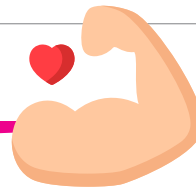
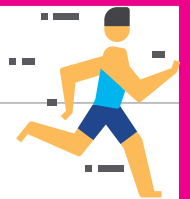
What have you been doing?

Which activities do you enjoy most?

What have you learned that surprises you?

Which activities or healthy habits do you plan to carry on?

What can we do as a family to lead a healthy lifestyle?





YOUTH
SPORT
TRUST

YOUR CHILD'S MOST IMPORTANT ROLE MODEL

Active parents/carers have more active children, and those children are more likely to grow up to become active parents/carers themselves, so by being active parents/carers not only are you helping your own health, you're likely to be making your children more active too.

Do you know that being more active can give your children a better chance of: ⁽¹⁾

Reducing the risk of health conditions like obesity and type 2 diabetes.

Feeling happier and more confident.

Improving mental health.

Having better cognitive health and performing better at school.

Developing a lifelong habit of engaging in a healthier lifestyle.



(1) Start Active, Stay Active: A report on physical activity from the four home countries' Chief Medical Officers. (2011) Department of Health, Physical Activity, Health Improvement and Protection retrieved from https://www.sportengland.org/media/2928/dh_128210.pdf

BUSY LIFESTYLES

Being a parent/carer of children is a busy job. Even a small increase in your activity levels, a small tweak to what you eat or taking time to talk to each other can make a big difference and with a little planning you'll be surprised how much difference you can make.

Stand more, sit less

Can you have a family challenge where everyone avoids sitting down for more than fifteen minutes at a time? Stand up, stretch and move about. Make this a family habit. It's easy and free.



Walk and cycle more, drive and ride less

It's not always easy to swap a journey by car or bus for a journey on foot or by bike, but even getting off a stop earlier, or parking at the far end of the car park can make a difference, if you do it frequently.

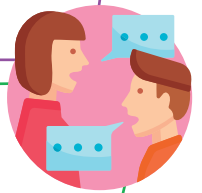


Screens off & more talk

So much time is spent glued to phones, tablets, games consoles, screens can often dominate time.

Try having some screen free time at home where you can talk as a family.

Or can you find TV programmes, console games and apps that encourage physical activity?



Make family time an active time

Family time together is very precious. Make it even more enjoyable and rewarding by making it active by walking together, cycling together in the local community, woodlands, or other green spaces, or even growing your own food together.



Becoming part of a team

Any challenge is easier to face if you're doing it as part of a team. You don't have to join a formal sports club. Instead, could you join up with members of your extended family, with neighbours and friends or with parents at school to take part in regular activities together? Play a game of rounders in the park, walk as part of a group.





YOUTH
SPORT
TRUST

SUPPORTING YOUR CHILD IN BECOMING MORE ACTIVE

National guidelines ⁽²⁾ for physical activity by Children and Young People (5 to 18 years) state that they should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports. Your time as a family can contribute to this, but it probably won't be enough on its own. There are some other simple steps you can take to help your child be even more active at this crucial time of their life:

Does your child take part regularly in PE lessons?

PE lessons are not only times to be more physically active, they also teach the skills and knowledge needed to stay physically active and make healthy choices about their lifestyle, now and as adults. PE lessons also help to develop social skills, thinking skills, can develop resilience and other skills for life. It can sometimes be tempting to enable your child to miss the odd lesson if they're tired or a bit unwell, but it's almost always better to encourage them to take part in some way.

Does your child take part in sport in school?

Schools should offer all of their pupils, not just the 'sporty' ones, a chance to take part in enjoyable, healthy physical activity and competition at their own level. Taking part in physical activities at school is a great way to stay active, build confidence, make friends and feel positive. Take a look at the school website to see what's on offer and share opportunities to be active with your child.

Does your child take part in sport or activities outside school?

A good sports club should be set up to welcome and encourage everyone, whatever their ability or experience, and whether or not they have a disability. There are often activities available at local leisure centres, community centres and gyms, but there is also a lot of opportunity to be active for free by walking rather than being driven, cycling rather than the bus or sending more time standing and moving round and less time sitting.

How involved is your child in choosing activities?

Involve your child in choosing what to do. When young people have input into what they do, sometimes they are more likely to stick at it and enjoy it more.

(2) Department of Health and Social Care. (2019) UK Chief Medical Officers' Physical Activity Guidelines. Retrieved from <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Summary

The benefits of being more active are huge. As parents/carers, you can help your child become, and stay more active:



Show

Show them that physical activity is part of everyday life for you and your family.



Encourage

Encourage them to make the most of opportunities at school.



Support

Support them to become more active outside school.

Here are some simple suggestions to help your family to be active

Why not walk instead of drive?

Could you cycle instead of taking the bus?

Try parking the car further away so a short walk is required.

Why not check out the local leisure centre or swimming pool?

Meet friends at the park for a kick about.

Could you swap current technology for some that includes physical activity?

Have a go at setting up a treasure hunt/scavenger hunt around your local area.





YOUTH
SPORT
TRUST

About the Youth Sport Trust

The Youth Sport Trust is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport.

We have more than 20 years of expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.


Our charity works with more than 20,000 schools across the UK and operates on a local, national and global level. We harness the power of sport, physical activity and PE to build life skills, connections between people and support networks which increase life chances through greater attainment, improved wellbeing and healthier lifestyles.

Youth Sport Trust
Sport Park
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF


Tel: 01509 226600

Email: info@youthsporttrust.org

Website: www.youthsporttrust.org

 @youthsporttrust

 youthsporttrust

 @youthsporttrust



