

Exercise Referral Scheme

- Your Doctor or physiotherapist can refer you to an exercise referral scheme, depending on your age and ability. The following locations offer this scheme for older children.
- Younger children may have more opportunities available through school to increase their general activity.
- Several Dorset leisure centres run exercise referral schemes such as those listed below.
 - The Junction Sports & Leisure Centre (Broadstone)
<http://thejunctionbroadstone.co.uk>
(From **16** and up only)
 - Everyone Active – Ashdown Leisure Centre – Rossmore Leisure Centre. <https://www.everyoneactive.com/activity/exercise-referral/>
(From **16** and up only)
 - BH Live Active
Corfe Mullen – Sir David English - Littledown
<https://www.bhliveactive.org.uk/programmes/exercise-referral/>
(From **14** and up only)

If you're stuck for exercises or want your child to be involved in more regular activity have a look at our activity advice page on: www.poole.nhs.uk/physio

References

1. 'Physical activity guidelines for children and young people', Department of Health (2011)
2. Gomes, Ana Isabel, Luisa Barros, and Ana Isabel Pereira. "Predictors of parental concerns about child weight in parents of healthy-weight and overweight 2–6 year olds." *Appetite* 108 (2017): 491-497.



@childphysiopgh



'childrensphysiopoole'



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Information for parents and children about

Children's Physical Activity



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This leaflet provides ideas and information to help your child achieve the recommended physical activity levels set out by the government.

Physical activity can be formal exercise, but should also be fun and includes play and outdoor exploration.



Physical activity guidelines for children and young adults

Age	Time	Examples
Under 5's	<i>No set time, however sedentary time should be limited</i>	<ul style="list-style-type: none"> • Floor-based • Water-based play • Soft play • Scootering • Try bike

DOH (2011)

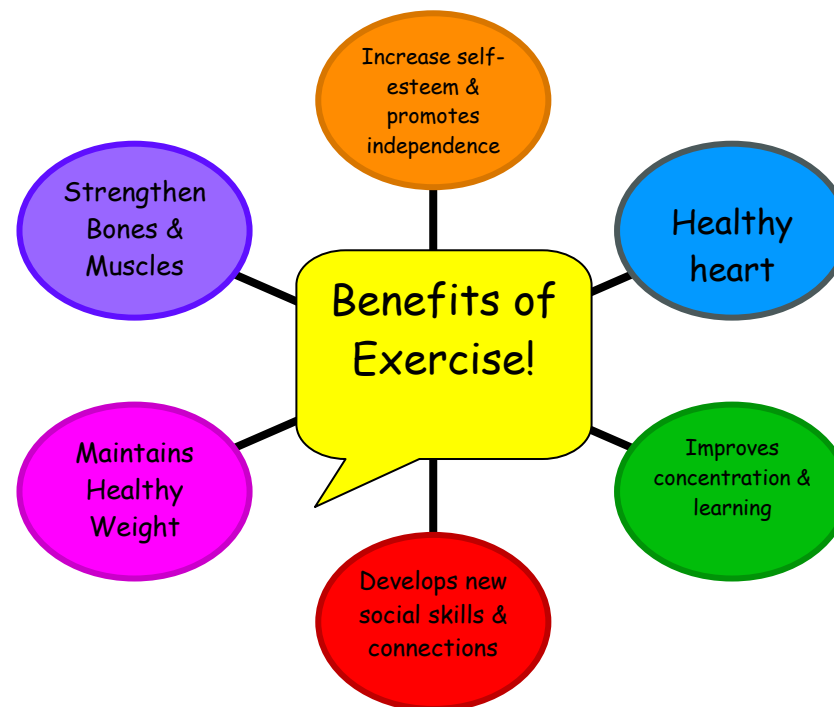
5 -16 years
60 minutes per day

- **Moderate**
(increases breathing and feels warmer)

OR

- **Vigorous activity**
(out of breath and sweating)

- ✓ Running
- ✓ Gymnastics
- ✓ Skipping
- ✓ Football
- ✓ Tennis



Healthy Weight and Eating

Children who maintain a healthy weight tend to be fitter, more confident and better able to learn (Gomes et al, 2017). A very important part of doing this includes watching what your children eat, as a healthy diet is key to a healthy lifestyle.

Ideas for a balanced diet:

- ✓ Aim for 5 portions of fruit and vegetables a day
- ✓ Discourage sugary foods
- ✓ Use Me-sized bowls to help your child get the correct portion size
- ✓ Have set meal times and encourage them to eat slowly
- ✓ Aim to drink 6-8 glasses of fluid per day

