



KEEPING CHILDREN ACTIVE

FIERCE

THE IMPORTANCE OF STAYING ACTIVE

Due to the various lockdowns there have been lots of changes in how active adults and children have been, leading to an increase in inactivity levels specifically due to;

- Schools closed = No P.E
- Sports clubs closed
- Indoor play areas closed
- Swimming pools closed
- Cold weather limiting access to outdoor play

These are just a handful of changes that can lead to children being generally less active and less motivated.

With changes at home for parents too such as furlough, working from home, gym closures and uncertainty around when 'things will return to normal' motivation can be low for parents to be physically active too.



An additional
3.4 million
people became inactive
in 2020 compared to 2019



HOW CAN YOU HELP EACH OTHER

- **Plan activities that you can do together**

- Write a list of what you both enjoy such as bike rides, going to the park, walking the dog.

- **Try something new**

- Whilst lots of places are closed there are still new activities you can learn together, this might be learning to skip or taking part in online classes such as dance, yoga or boxing – often these classes could be done together.

- **Accept the bad days**

- There is likely to be things that just don't work or maybe its just a bad day, try and remain positive and give it a go another day.

- **Celebrate the wins**

- That first ride without stabilisers to managing to do a flip on the trampoline, expressing your amazement at their achievements will increase their confidence and encourage them to stick at the activity.

- **Set challenges**

- These could be anything from Family daily step challenges to trying to cycle together so many miles in a month.



WHEN CLUBS REOPEN



Great! The clubs and classes are back on ... great news but wait, it still may not be plain sailing.

Understand that your children may feel anxious joining person to person classes again as you might be about resuming your old physical activities.

Communicating with them over is the key and making sure they feel safe and secure whilst remaining active.

At Fierce we have some great instructors and are always looking to add to our classes to include more for children and for adults.

To view the classes for children and for adults we offer and who they are suitable for visit our website using the link below.

➤ **Fitness Classes**

