

PHYSICAL ACTIVITY

- ▶ Physical activity can improve your health and mental wellbeing.
- ▶ It can help with concentration, retaining information and solving problems.
- ▶ There are lots of easy and fun things you can do to stay active!

LIBBY AND PAXY'S TIPS FOR STAYING ACTIVE:



Go for a walk or run



Kick the footy



Shoot a netball or basketball



Stretching and yoga



Have a hit of cricket or tennis