



Active Kids

Physical Inactivity

From the outset, children are affected by family habits and the home environment. The amount of physical activity by children starts to decline from the age of 7.

7

1 in 3 children leave school overweight or obese in Cheshire & Warrington

1 in 5 enter primary school overweight or obese in Cheshire & Warrington

Active Cheshire

Physical Activity

Safety Fears Stop Children Walking or Cycling

Children who active travel have lower body fat

Greener neighbourhoods improve mental health by 20%

Impact

Getting active helps with reduction in

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stress and anxiety.

Improves and maintains physical health.

Regular physical activity helps build personal and community resilience.

Children doing more activity can have higher grades