

MOVE MORE SIT LESS

DO YOU VALUE MMSL IN YOUR FAMILY?

- Do you enjoy and have fun playing and being active as a family?
- Do you do it regularly?
- Do you talk about what activity / activities you have each done during the day over and what was enjoyable, who with etc. at the evening meal / or another time?
- Does all your relaxation and winding down time involve screen time?
- Are there safe spaces in and around your house for family members to be active?
- Do you use active transport options – walking, cycling or public transport?
- Have you worked out a way to stop screens – mobiles and tablets – interrupting focus and activity?