













Starting life well with daily active habits from birth, at home, and in school.

 During Pregnancy	 Early Years (birth to 5)	 Children and Young People (5-11)
 Reduces Blood Pressure	 Improves Co-ordination	 Builds Confidence
 Improves Sleep	 Maintains Health	 Improves Learning
 Controls Weight	 Develops Bones	 Better Mood



Take the pledge to be #PartofTheMOVement



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This document is available in alternative formats on request. Please contact us with your request.



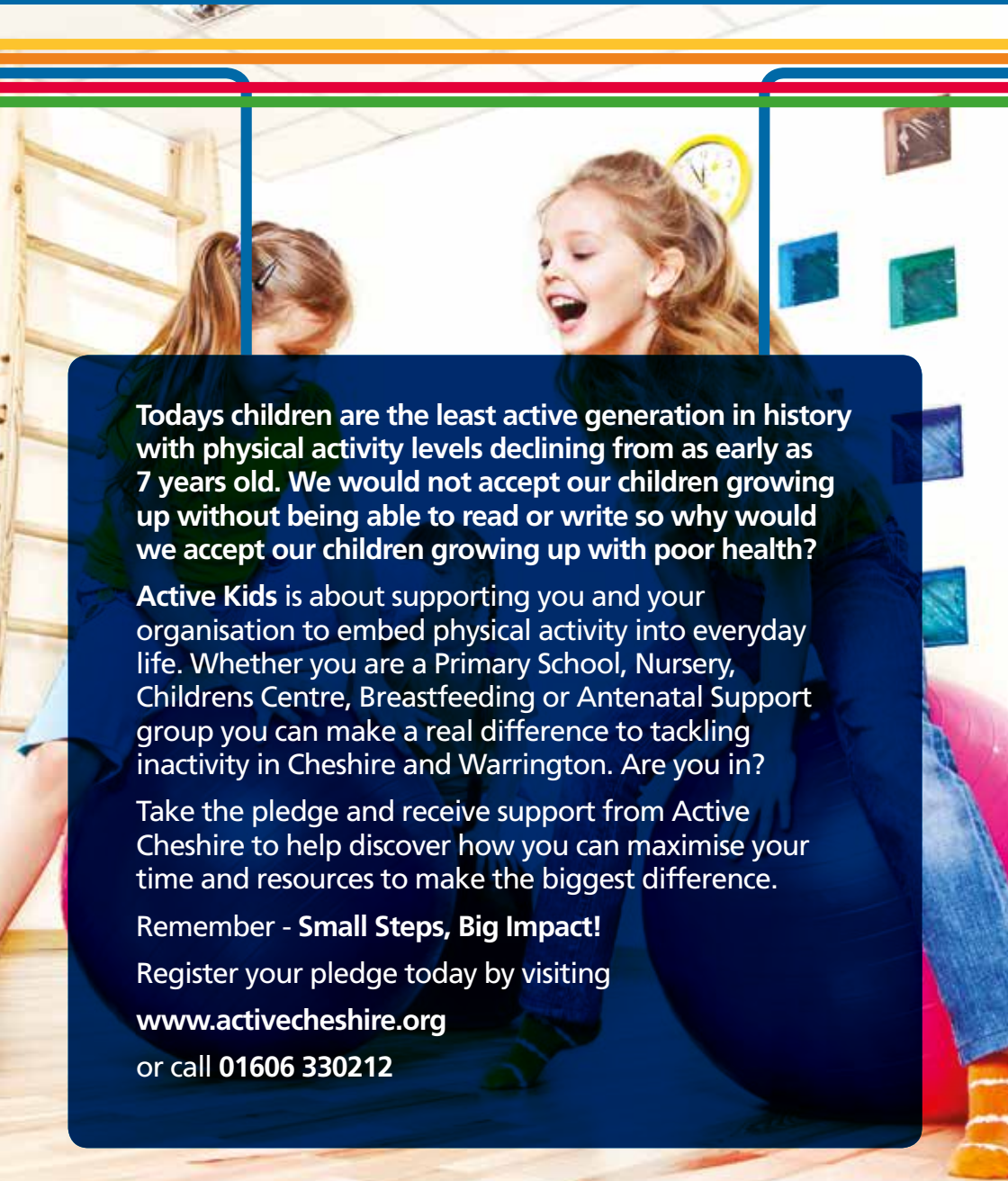
Active Kids Pledge



I'm in!



Embedding physical activity into all aspects of everyday life



Today's children are the least active generation in history with physical activity levels declining from as early as 7 years old. We would not accept our children growing up without being able to read or write so why would we accept our children growing up with poor health?

Active Kids is about supporting you and your organisation to embed physical activity into everyday life. Whether you are a Primary School, Nursery, Childrens Centre, Breastfeeding or Antenatal Support group you can make a real difference to tackling inactivity in Cheshire and Warrington. Are you in?

Take the pledge and receive support from Active Cheshire to help discover how you can maximise your time and resources to make the biggest difference.

Remember - **Small Steps, Big Impact!**

Register your pledge today by visiting www.activecheshire.org or call **01606 330212**

Active Kids Pledge
FREE

Pledge
You will be registered on the Active Cheshire website and promoted locally as a leader for children's activity.
You will receive a certificate to display your organisation's commitment to children's health and wellbeing.

Plan
Your organisation will be eligible for free bespoke support from an Active Cheshire advisor who will help you develop a plan to embed physical activity into everyday life, highlighting the benefits to young people and families.
The plan will help to simplify messaging and focus effort, maximise available resources and discover the best support in your local area to deliver ambitions.

Progress
The plan will be bespoke to your organisation and will allow you to progress in a way which suits you.
Active Cheshire will provide twice yearly touch points to keep you on track. We will also keep your team updated on the latest good practice, policies, opportunities and the wider marketplace.
Our advisors will also be there to help you celebrate your progress at the end of the year and support you to look ahead to the next.

Upgrade to
Active Kids Plus
from only
£1000 + VAT

- Active Kids Plus provides you with additional capacity and expertise to get your plan moving, to share the benefits of being active and to support, develop and celebrate your people.
- You will receive 4 days of bespoke support from an Active Cheshire advisor, to start delivering against your priorities quickly.
- Exclusive 20% discounts on Active Cheshire training and workshops.
- Your organisation will be eligible to access complimentary and priority tickets to our flagship family event 'Playfest'
- You will receive two priority tickets to the #PartOfTheMOVEment Conference.

Get 5 days for the price of 4 and a visit from Active Archie when you sign up to Active Kids Plus within 30 days of taking the pledge.