

Active Azra is all about moving more and sitting less, inactivity should be discouraged and movement encouraged. Movement is defined as translocation of the trunk, also known as the 'belly button on the move'.

The Physical Activity Guidelines for children aged under 5 years old as out lined in the UK Chief Medical Officers Report states that extended periods of inactivity should be broken up by at least light physical activity. Active Azra's mantra is Move More Sit Less. The information below has been taken from the Chief Medical Officers Physical Activity guidelines.

- It has become very clear that higher levels of physical activity are better for health, and lower levels are worse. Regular physical activity in children is associated with improved learning/attainment, better mental health, healthier hearts through cardiovascular fitness, which all contribute to healthy weights.
- There is growing concern about the lack of physical activity opportunities and the increase in inactivity of children in early years which can lead to weight gain, lower attainment levels and poor wellbeing. This could be down to the amount of technology that is available to children, not using the outdoor environment and being focussed on sitting activities rather than movement.
- Periods of inactivity or sedentary behaviour are an independent risk factor for poor health outcomes and should be minimised when possible. Extended periods should be broken up by at least light physical activity. The term 'when possible' is emphasized as certain groups of people who depend daily on a wheelchair, unavoidably sit for long periods of time and sitting may therefore be the norm.
- Inactivity or sedentary behaviour are activities which involve low levels of energy and occur whilst children are seated or lying. Inactive and sedentary behaviours are those which involve being in a sitting, reclining or lying posture during waking hours, undertaking little movement or activity and using little energy above what is used at rest e.g. sitting in a chair while using a screen or reading, or a child sitting in a car seat or buggy. If your belly button isn't moving then you're not active.
- Confining equipment such as car seats pushchairs, high chairs and cots restrict the natural movements of infants and thus should be used for their primary purpose only e.g. using a highchair for mealtimes and a car seat for duration of the journey only.
- Studies who there is a link between higher levels of physical activity in early years leading to more sustained participation in physical activity in late life. So establishing physical activity as part of their daily routine from birth will give children the best start.

Active Azra says:

"Remember to Move More Sit Less and get those Belly Buttons on the move."

Startwell
Being active, eating well, achieving more.