

GIRL POWER

STRONG NOW. STRONG LATER.

Recommendations for 5–17 year olds.

EVERY MOVE COUNTS



WHY MOVE

Regular movement helps you feel good, stay healthy and become stronger;



BRAIN
HEALTH &
LEARNING



HEART
HEALTH



MUSCLES &
STRENGTH



STRONG
BONES



EMOTIONAL
WELLBEING



ENERGY &
CONFIDENCE

HOW MUCH MOVEMENT



Aim for



or more

EVERY
DAY

Plus, 3 days
a week
choose



ACTIVITIES THAT GET YOUR HEART PUMPING

Like dancing, soccer, swimming, running



ACTIVITIES THAT BUILDS STRENGTH

Like gymnastics, rock climbing, gym and
body weight workouts



ACTIVITIES THAT STRENGTHEN BONES

Like skipping rope, netball, tennis, gym
and body weight workouts

The full 60 minutes doesn't need to be at once – several shorter sessions works.

WHAT COUNTS

There are so many ways to move



Field
Sports



Athletics



Cycling



Water
Sports



Dancing



Weights



Board
Sports



Court
Sports



Stretching

There isn't one right way to move.

FIND MOVEMENT THAT WORKS FOR YOU



You don't need to be the fastest, the
strongest or even competitive.
Find movement that;



YOU
ENJOY



GETS YOU
OUTDOORS



CONNECTS
YOU WITH
OTHERS



HELPS
YOU FEEL
GOOD

Gives you a sense of achievement.

EATING WELL HELPS

1

Get a
better
night sleep

2

Gives you
more energy

3

Improve
concentration

4

Make you
crave less food
high in sugar,
salt & fat

5

Keeps you
healthy



Government of South Australia

Office for Recreation, Sport and Racing

This resource is based on the Australian Physical Activity Guidelines (Department of Health and Aged Care) and adapted by SASMA as part of the Women's Health Program.