

school-based youth health nurse

**Move
Your
Body!**



**Aim for 60 minutes of moderate to
vigorous activity a day**

This can include:

- Active video games
- TikTok challenges
- Dance class
- Online yoga/pilates
- Rock climbing
- Photography walk

**Exercise benefits your
mind, your body and
your heart!**

For more info go to www.health.gov.au

