



PRESENTS

MEGA ACTIV

KEEPING EVERYONE ACTIVE
LOCKDOWN 3.0

Why is it important for children, and adults, to stay active during Lockdown?

Physical Activity and Exercise is essential for everyone's Physical, Social and Mental Health and Well-Being!

MEGA ACTIV activities can be done individually, or with multiple players. Let's get the whole family involved! They can even be done over video call with friends!

Exercise is a great way of breaking up the day and getting outdoors!

NHS Guidelines state that all children aged 5 to 18 should aim to do 60 minutes of moderate intensity physical activity per day to keep healthy. MEGA ACTIV will help achieve this!

MEGA ACTIV will provide games and activities that encourage variations of movement, strength and Balance as well as enhance competitiveness, tactical awareness, decision making and most importantly, enjoyment!

From a COVID-19 and health perspective, regular exercise and physical activity is proven to help support, and improve, your immune system!



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