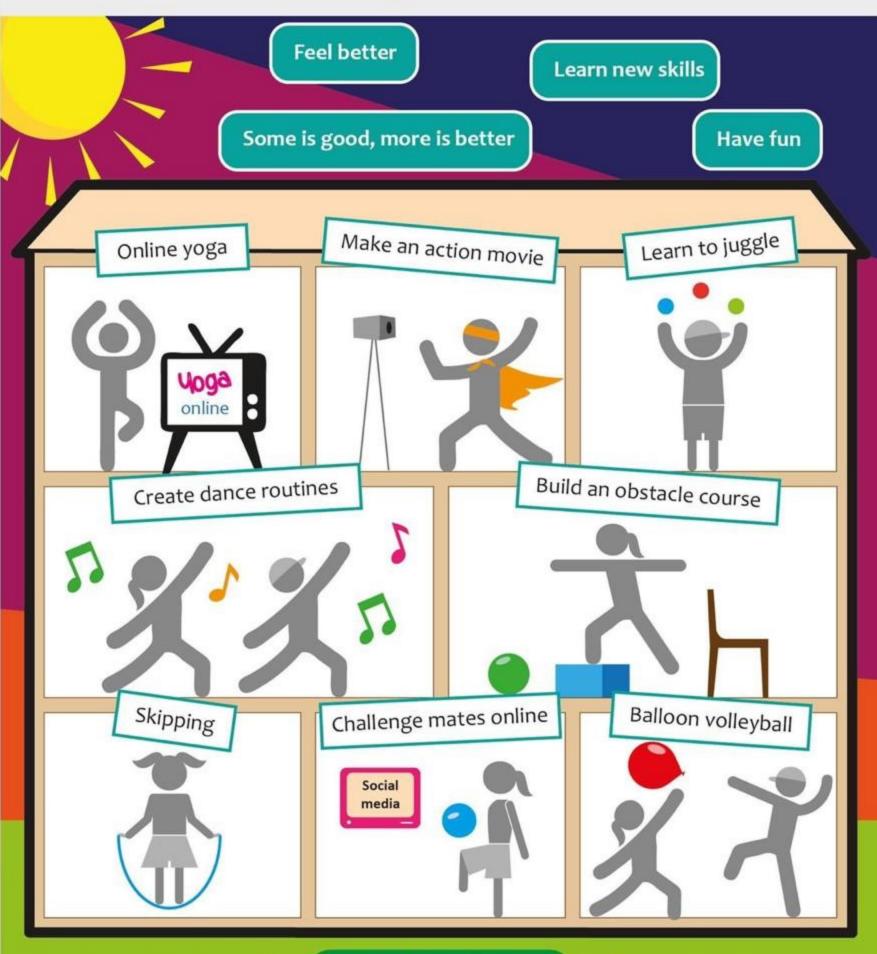
Physical activity for young people during COVID-19



Do activities with your family

Break up sitting during school time by moving about

Check online for activity ideas



