



What is Move to Improve?

1



Move to Improve is an 8-week program that will help me to move more.

2



At my first visit I will meet the Move to Improve team to talk about my current activity levels, complete some movement, talk about food and things I might be struggling with.



3



I will wear a watch for the first 8 days to measure my physical activity and sleep. I will wear the watch again at the end of the 8 week program.

4



I will have 8 physical activity sessions that may be at Perth Children's Hospital or in my community.

5



Things I might do in the PCH gym include playing games to make me jump higher, run faster and make my body stronger!

6



Things that I might do in the local sports centre include using the gym or playing ball sports. I might go into the pool to learn about water safety and swimming skills!

7



During my physical activity sessions we might talk about things like being active at home, sleep and screen time.

8



During the 8 weeks I may talk to a dietitian or psychologist about healthy eating and how I am feeling.

9



At the end of the program, I will go back to PCH to see how much I have improved, and receive my certificate and present!

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