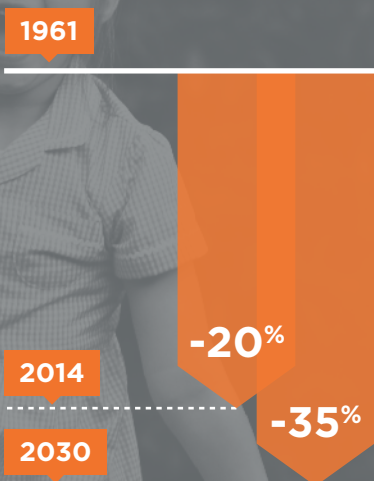


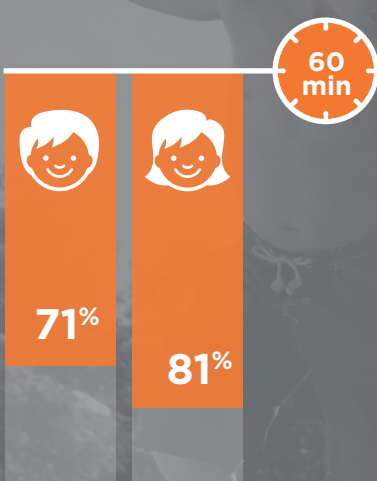
THE WORLD HAS STOPPED MOVING

TODAY'S KIDS ARE
THE LEAST ACTIVE
IN HISTORY

THE FACTS IN THE UK ARE STAGGERING



Children in the UK spend an average of 6 hours per day in front of screens



THE COSTS ARE UNACCEPTABLE

Physical inactivity costs the UK £20bn per year

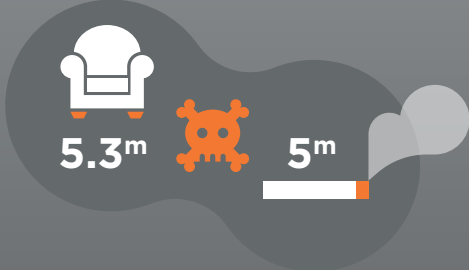


Leads to 37,000 premature deaths in England every year

37,000
PREMATURE DEATHS



Accounts for 5.3m deaths per year, while smoking is responsible for 5m deaths a year



IT'S TIME FOR ACTION

ONE HOUR OF ACTIVITY EVERY DAY
MAKES THE DIFFERENCE OF A LIFETIME

ACTIVE CHILDREN DO BETTER



1/10th less likely to be obese



40% higher test results



Less likely to smoke, become pregnant as teenagers



15% more likely to go to university



Reduced risk of heart disease, stroke, cancer, diabetes

SOCIETY BENEFITS

A 1% reduction in the rates of inactivity each year for five years would save the UK around £1.2bn



Physical activity would save up to £10bn per year in NHS costs



A 20% increase in bike riding could save £246m in the cost of premature deaths, NHS costs, and absenteeism by 2015



The solution requires changes in schools, the workplace, city design and at home.

But something everyone can do today is make family time active time.

THE TIME TO MOVE
IS NOW

MOVE 1

ONE HOUR OF ACTIVITY EVERY DAY MAKES THE DIFFERENCE OF A LIFETIME

Join **MOVE1** at www.facebook.com/move1hour

Statistics included within this graphic are sourced from UK Active, Cycling England, the Designed to Move report, and The Young Foundation's Move It report.

www.designedtomove.org