

# Welcome to

# Healthy Body, Healthy Me 2025!

## Busy Bodies

Get ready to jump, stretch, wriggle and roll, as this year we are celebrating all things active with our theme **Busy Bodies**. Even before birth, babies move instinctively, showing that physical activity is not simply about burning energy. It's the foundation for learning, growth and long-term health.

For decades, research has shown that movement is essential for children's overall development. Early studies explored the connection between physical fitness and the development of motor skills, coordination and strength. More recent research, however, highlights a concerning factor - a lack of activity in childhood can increase the risk of diseases which often don't show up until later in life, such as type two diabetes and heart disease.

Physical activity is also vital for cognitive development. As Ben Kingston-Hughes reminds us, "If we want our children to be able to write effectively then one of the best ways to build the required levels of brain/body control is to encourage early movement." Sedentary habits formed early can shape our futures in ways we never imagined. That's why this year's **Busy Bodies** theme is packed with activities designed to get children moving and excited about physical play. From tummy time to twisting bodies and twirling fingers, balancing like a flamingo and taking on a fun 10-minute daily challenge, we're promoting active play every step of the way.

Outdoors, children become little gardeners, bending and stretching as they plant seeds. During animal yoga they explore the textured world beneath their bare feet as they transform into cats, snakes and lions, discovering the joy of movement.

To keep those busy bodies fuelled, we've shared some healthy, fun recipes like veggie fajitas, crumbly cookies and fruity faces. So, let's make this year a celebration of movement that will set our children on the path to a lifetime of wellness.

