

Being in the natural environment can increase childhood physical activity

Evidence from across the world shows that the natural environment can promote physical activity by offering a variety of activities that engage children and young people regardless of age, fitness level or gender.

Variety in landscapes encourages physical activity.

2 out of 3 parents believe that their children have less freedom to roam than free-range chickens.

Active travel to school increases physical activity and helps to improve air quality.

Walking on uneven surfaces helps to develop balance and coordination.

Physical Activity reduces with age from 62% of 3-7 year olds to only 38% of 13-17 year olds being active for at least 1 hour, seven days a week. 18% of 13-17 did not participate in physical activity at all.

Active parents are more likely to have active children.

Being active outdoors helps to build strong hearts, lungs and muscles!

More than a quarter of 4-5 year olds (27.1%) in Wales are classified as overweight or obese, with 12.4% being obese. Higher rates of overweight and obesity occur in the most deprived areas.

A day in the woods allows children to be 2.7 times more active than a normal school day and 2.4 times more active than a school day with PE.

Get in touch:

For information on this and the wider benefits of connection to nature:
www.naturalresourceswales.gov.uk

Evidence used to compile this graphic has been taken from NRW, Welsh Government, NHS, National Trust, Forestry Commission Scotland.

Natural Resources Wales' purpose is to pursue sustainable management of natural resources in all of its work. This means looking after air, land, water, wildlife, plants and soil to improve Wales' wellbeing, and provide a better future for everyone.

Alternative format statement:

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