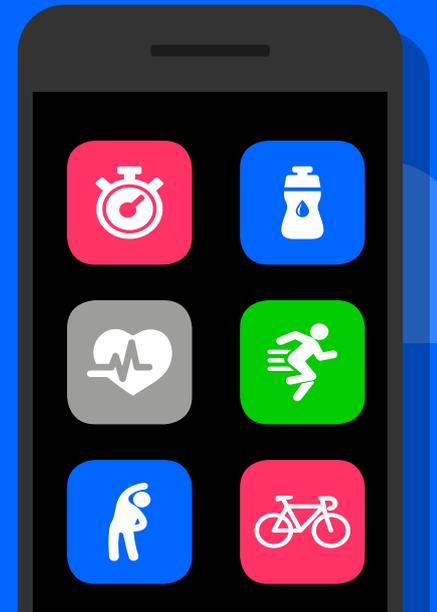


# Top apps to get kids active

Make the most of kids' screen time with these apps to help them get moving and develop healthy habits



## Outdoor Play apps

Combine tech and outdoor play with these apps to get them moving and creating their own adventures.



### Rebecca Plants Curiosity Cards

*Suggests outdoor activities that the whole family can play together*

**Age suitable for:** 0-5, 6-10, 11-13

**What is it?:** Features 50 cards with open-ended questions to help you brainstorm outdoor activities you can do as a family.

**Benefits for kids:** Encourages creative play and helps children discover their surroundings.



### Persil and the Wild Network

*Helps children think of creative ways to enjoy the outdoors*

**Age suitable for:** 6-10, 11-13

**What is it?:** Persil and The Wild Network have teamed up to create an app that has more than 100 ideas for outdoor activities.

**Benefits for kids:** Helps to keep them active and appreciative of their environment.



## Active Play and fitness apps

*These apps encourage children to dance, play, run all while tracking their progress.*



### Step by Step: A pedometer adventure

*Turns walking into an adventure game for kids to enjoy*

**Age suitable for:** 6-10, 11-13, 14+

**What is it?:** The app tracks your child's steps and turns each step into currency which they can use to buy a range of animals to walk with as they make a journey around the world.

**Benefits for kids:** Helps them stay fit and healthy and builds a positive habit to walk regularly.



### Push2Play app

*Offers a range of games to help children make screen time active*

**Age suitable for:** 0-5, 6-10, 11-13

**What is it?:** Push2Play is an active-play resource with a handy game-finder which suggest games to play based on your situation and can be played with up to 6 players.

**Benefits for kids:** Allows children to be more creative about games they play and log their physical activity.



### Sworkit Kid app

*A great way for kids to stay active through customised workouts*

**Age suitable for:** 11-13, 14+

**What is it?:** Features over 200 fun video exercise routines for all parts of the body, making it easier for kids to follow.

**Benefits for kids:** They can customise exercises for their fitness level and learn new ways to stay active.



## Dungeon Runner: Fitness Quest

*Challenges teens to play dungeon crawling game by performing a series of real-world fitness exercises*

**Age suitable for:** 14+

**What is it?:** Through motion tracking gameplay your movement is converted into punches to fight enemies. You can open secret passageways while doing squats and avoid traps in the game with star jumps.

**Benefits for kids:** Gives kids an incentive to do different exercises and keep fit all while playing a game.



## Zombies, Run!

*Takes kids on an immersive adventure to get them running*

**Age suitable for:** 14+

**What is it?:** As part of the game, the app tracks your GPS movements and as you run with your headphones in, you can hear the zombies approaching encouraging you to run even further.

**Benefits for kids:** It allows children to get out and improve their overall fitness level.



## Charity Miles

*Encourages kids to keep moving to earn money for a range of charities on the app*

**Age suitable for:** 6- 10, 11-13, 14+

**What is it?:** As you walk, run, or bike, the app tracks your distance. With every mile you do there is a set amount of money that you can earn per mile for your chosen charity.

**Benefits for kids:** Keeps them active, help them reach their goals and encourages them to give back for a greater good.



## Healthy lifestyle apps

Use these apps to help your child build healthy habits as they grow



### Habitiz

*Helps children form good habits through rewards and incentives*

**Age suitable for:** 0-5, 6-10

**What is it?:** Habitiz allows you to set goals for your children to motivate them to develop good habits like drinking water or eating fruit.

**Benefits for kids:** Helps kids develop a healthy lifestyle and change bad habits.



### Plant Nanny

*Uses a virtual plant to remind children to drink water*

**Age suitable for:** 0-5, 6-10

**What is it?:** The app prompts children to water a virtual plant to help it grow and reminds them to drink water at the same time. If they water the plant and drink water regularly the plant can be planted in a digital garden and the process can start again.

**Benefits for kids:** Helps them make healthy choices and stay hydrated throughout the day.