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| |  |  | | --- | --- | | ***Better Health and Disney's 10 Minute Shake Up***   |  | | --- | | Better Health and Disney's 10 Minute Shake Up campaign launched on 21 July 2022 and will help get kids active throughout the holidays. Using some of their favourite characters from Disney's Encanto and Frozen, Disney and Pixar's Lightyear and Marvel's The Avengers, they will be inspired to be more active whilst having fun throughout the summer.  After the last 2 years we're looking forward to getting back to the things we love, including getting our kids moving, feeling good and having fun. Increasing activity, both at home and in school, has been shown to make kids feel better, help improve their performance at school, and develop important skills.  Through playing these games, kids will build skills and grow in confidence, and most importantly, have fun!    **In this newsletter you will find information on:**   * **Take-home pack** * **Posters** * **Digital and social resources** * **Local partner activity guide** * **Communications toolkit** | | |

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