



Being active

Movement can help you to stay healthy.



Spending a long time sitting or lying down can make it harder to poo.



You can move more by making simple changes, like walking more.



The muscles you use to poo are made stronger when you move more often.



Exercise is a normal part of a healthy and happy life.



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Here are other important facts.



If you are exercising for the first time or haven't exercised for a long time, you should speak to a doctor first.



You can also speak to a physio or an occupational therapist for advice. These are types of healthcare professionals.



Don't try to do too much movement at once. Start small and build it up over time.



Being active with your friends and family can be fun.



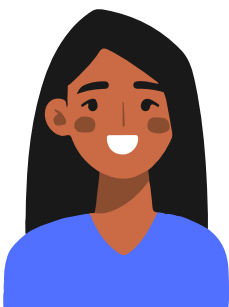
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Some examples of movement are going for a walk, dancing, running, riding a bike, and sports.



Stretching and yoga can also help you have a healthy poo.



The more you are active, the easier it is for you to poo.



It is good to move and be active for about 20 minutes a day.

