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*as the children have such fun, they don't realise the great benefit it has on their long term health."*

In today's digital age of video games and television, it's very easy to lose sight of the short and long term health benefits of physical activity for children. As adults, many of us started the New Year with resolutions of a healthier lifestyle, but do we make the same promises for our children? Promoting exercise and healthy living from an early age gives children a better chance of growing into fit and healthy adults and indoor play provides us with the opportunity to give our children the benefits of activity – working at their own pace and taking calculated risks in exciting centres.

The 'Eat Well, Move More and Live Longer' message is key at the moment and provides the tag line for the Department of Health's new Change 4 Life initiative which is being supported by PPA members. Play operators hope that by encouraging children to be healthy and active as pre-schoolers, we can help prevent obesity in later life.

Play is after all developing all the key skills required in a whole variety of sports in later life.

The Play Providers Association (PPA) was formed to represent the operators of indoor play centres and to promote high standards of quality and service. By visiting a PPA member you can be reassured that appropriate insurance is in place, the equipment is well maintained and checked by an independent person as defined in the PPA code of practice and staff are CRB checked / first aid trained where appropriate. The PPA is the sign of a better play centre and you can find your nearest PPA member at [www.playproviders.org.uk](http://www.playproviders.org.uk). We have members right across the UK providing you and your children with great facilities and excellent value. Now go play! 

**Roaring like a lion, flying like a butterfly and trumpeting like an elephant are all normal when you're a kid, but are also an everyday occurrence in a Tatty Bumpkin class.** Children are encouraged to become bendy, giggly, clever and strong while they follow Tatty Bumpkin on a magical adventure through the Giggle Tree using music, movement, imagination and yoga-poses to tell the story. Developed five years ago by local Kentish yoga teacher, Sam Petter, Tatty Bumpkin is based on the principle that movement is the basis for learning and that all children learn in a different way but most of all, exercise should be FUN! The colourful, bendy Tatty Bumpkin doll is at the heart of the classes and is used to bring the idea to life, help the children feel comfortable and help them become totally involved in the experience. **For an entertaining, inclusive, creative and multi-sensory class for your little one, go to [www.tattybumpkin.com](http://www.tattybumpkin.com) to find a class near you!**



**swim  
free**

**60 & over  
16 & under**

**swim  
4 LIFE**

## Free swimming

**T**wenty million people under sixteen and over sixty will get the chance to swim for free in pools the length and breadth of England.

Anyone aged under sixteen or over sixty can swim for free in their nearest participating pool. More than 200 local councils are offering free swimming sessions. The Government's free swimming initiative is an important part

of plans to secure a long-term legacy from London hosting the 2012 Olympic and Paralympic Games - and to get two million people more active and healthy. It is a partnership between the Government, local councils

of all political colours, Sport England and swimming's governing body. Hundreds of pools will be opening their doors. To find out details of nearest participating pools, visit: [www.culture.gov.uk](http://www.culture.gov.uk)