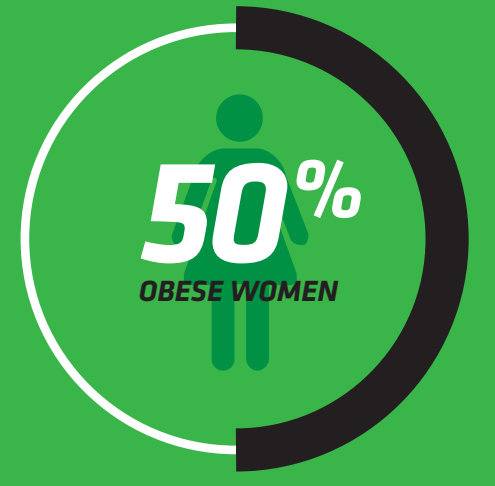
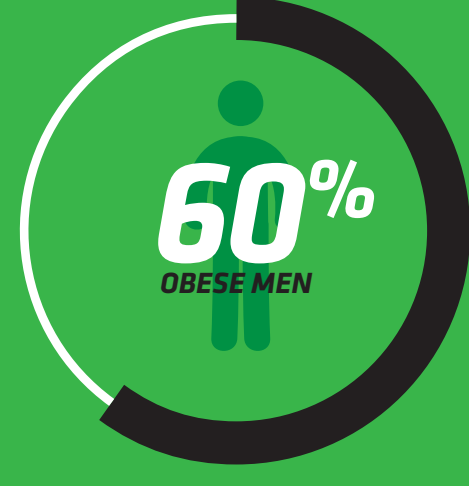




**OVERWEIGHT  
OR OBESE  
ADULTS  
(18+yrs)**

**BY  
2050...  
IF NO  
ACTION  
IS TAKEN**



**CHILDREN  
(2-15yrs)**

**COST TO  
THE NHS  
PER YEAR**

**5.0**  
Billion IN 2014

**45.5**  
Billion IN 2050



**HOURS A DAY  
SPENT IN FRONT  
OF A SCREEN**

**CHILDREN (6-18yrs)**



**OF 7 YEAR OLDS  
DO NOT  
EXERCISE  
ENOUGH**

## Football, Fun & Fitness



**OVER  
150** CALORIES  
BURNED  
EXCEEDING THE RECOMMENDED  
DAILY VOLUME OF PHYSICAL ACTIVITY

**80% TO 90%**  
MAXIMUM HEART RATE  
REACHED PLAYING SOKKA GAMES

SOKKA GAMES  
FOCUS ON THE  
**ABC's**  
OF MOVEMENT








- A** AGILITY
- B** BALANCE
- C** CO-ORDINATION
- S** SPEED

**PLAYER ENJOYMENT**

**9.3**  
OUT OF **10**  
**LOVE IT**



**MET** METABOLIC EQUIVALENT  
THE AMOUNT OF ENERGY BURNT DURING EXERCISE

 <b>SOKKA</b>	<b>11.5</b>
 <b>FOOTBALL</b>	<b>10.0</b>
 <b>BASKETBALL</b>	<b>8.0</b>
 <b>BACKPACKING</b>	<b>7.0</b>
 <b>DANCING</b>	<b>4.8</b>
 <b>GOLF</b>	<b>4.5</b>
 <b>VOLLEYBALL</b>	<b>3.0</b>

**ANYONE CAN PLAY!**