

"Do not bury your talents, the gifts that God has given you. Do not be afraid to dream of great things."
Page 10

Our Blog

With CMXSC

Active Camps

Active Bodies, Active Minds: The Comprehensive Benefits of Physical Activity

Introduction

Embracing Public Health England's guidance, CMXSC Active Holiday Camps highlight the comprehensive benefits of physical activity in childhood, contributing to a foundation of lifelong health and well-being.

The Far-Reaching Benefits of Physical Activity

Enhanced Academic Performance: Research shows a direct correlation between regular physical activity and improved concentration, attention, and academic performance.

Cognitive and Emotional Development:

Engaging in sports and physical activities at CMXSC enhances cognitive functions and emotional well-being, fostering a balanced and healthy development.

Aligning with National Health Guidelines:

CMXSC's approach aligns with national health guidelines, emphasizing the importance of integrating physical activity into children's daily routines.

Join the movement towards a healthier, happier childhood with CMXSC Active Holiday Camps. Explore our programs on our website and see how we align with national health guidelines to provide the best for your child. Book a spot now and follow us on Facebook, Instagram, Twitter (X) and TikTok for more insights and tips on children's health and well-being!

Visit our website - <https://www.cmxsc.co.uk/active-holiday-camps>

*"Do not bury your talents, the gifts that God has given you. Do not be afraid to dream of great things."
— Pope Francis*

**Creating a happy,
safe & engaging
environment during
school holidays.**

#activekidsbrightfutures