

At least 60 minutes of

moderate to vigorous physical activity a day

experiences

eco-friendliness

CONCENTRATION

FRIENDS **wellness** endurance

new skills

coping

FRESH AIR

STRENGTH

JOY

ENERGY

relaxation

VARIATION FUN ACTIVITIES

GOOD SLEEP



STAY ENERGETIC

Take breaks during prolonged sedentary periods.

Could you, for example, stretch your legs once an hour, limit your screen time or do break exercises?

IMPROVE ENDURANCE

Increase your heart rate and frequency of breathing.

3 times
a week

Would you like, for example, swimming, brisk walks, cycling, football, basketball, running, ice skating or cross country skiing?

INCREASE WELLNESS

Move whenever you can.
Supplement your sport activities with everyday physical activity.

Could you, for example, walk or ride a bike to school, choose stairs instead of an elevator or take the dog for a walk?

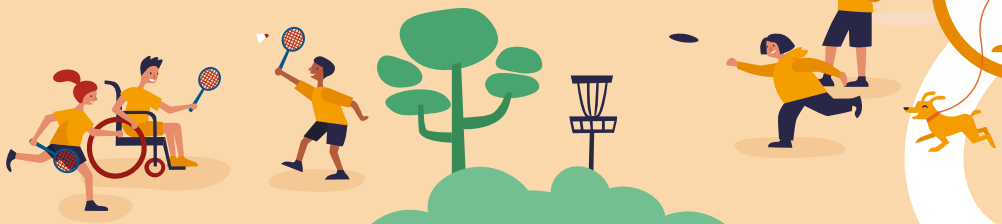
STRENGTHEN YOUR MUSCLES AND BONES

Remember flexibility, balance and agility.

3 times
a week

Would you enjoy, for example, floorball, badminton, volleyball, skateboarding, dance, jumping on a trampoline, group exercise, parkour or climbing?

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RECOVER FROM THE DAY
Get enough sleep. Give your brain time to structure thoughts and form new ones.

- 🦋 **Go to bed in time.**
- 🦋 **Make it easier to fall asleep:**
 - Physical activity improves sleep. However, avoid vigorous physical activities late at night.
 - Eat a light evening snack. Heavy meals before bedtime can affect your sleep.
 - Calm down by, for example, listening to music, reading or talking about what's on your mind with the people close to you.
 - Turn off your electronic devices and remove them from your bedside.
 - Make yourself comfortable. Pay attention to, for example, room temperature, lighting and sounds.
- 🦋 **Sleep requirements are individual. If you wake up feeling refreshed, you are probably getting enough sleep.**

MOVE YOUR WAY EVERY DAY.

Decide what you want to start with and try it for a few weeks.

- ♥ Even short bouts count.
- ♥ Choose familiar sports that you like.
- ♥ Try new sports that seem interesting.
- ♥ Form your own team.
- ♥ Find out about local sport possibilities.
- ♥ Take a friend with you.

