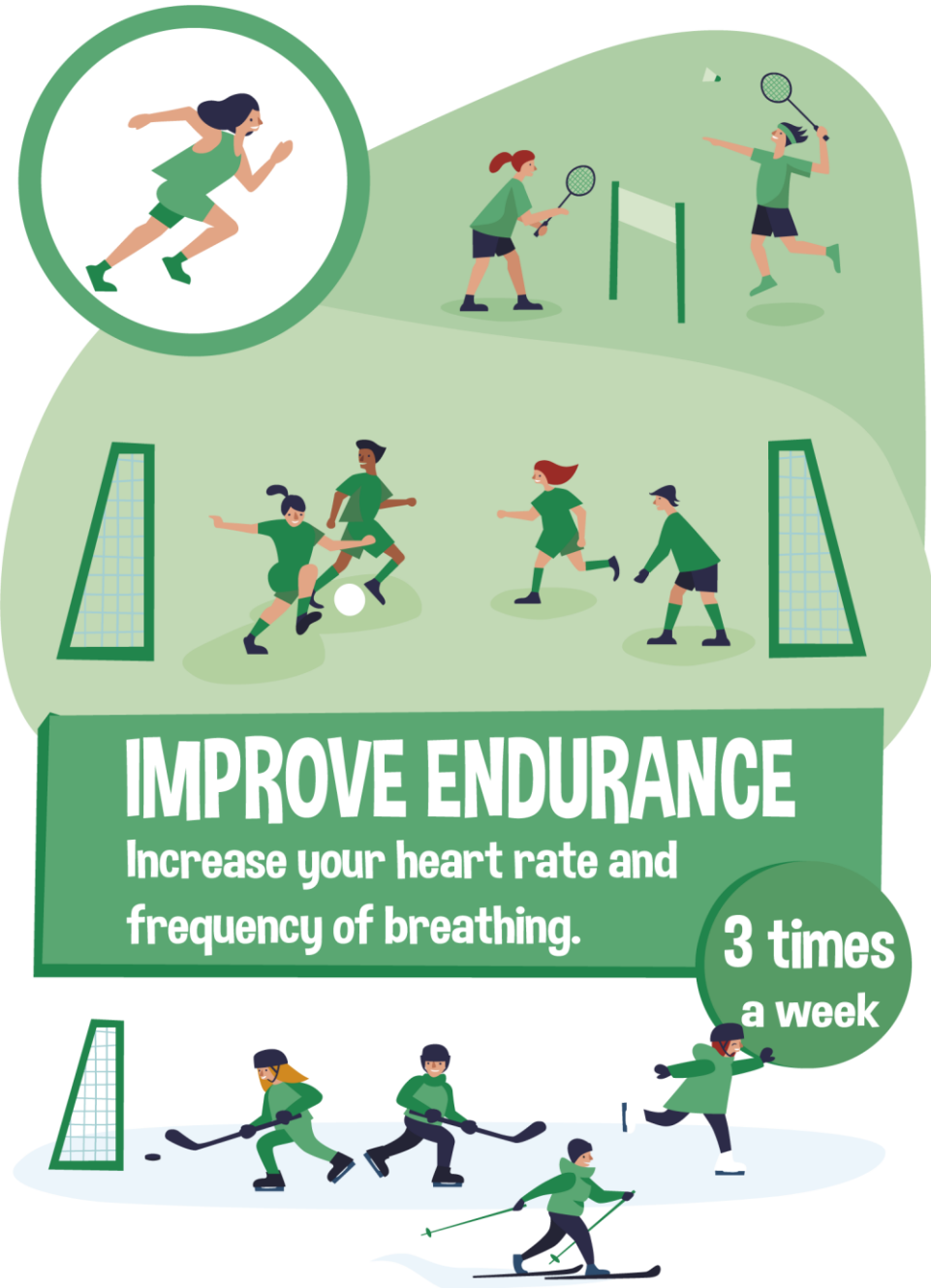




Recommendation on physical activity for children and adolescents aged 7–17 years



Most of the physical activity should be endurance-type activity.



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



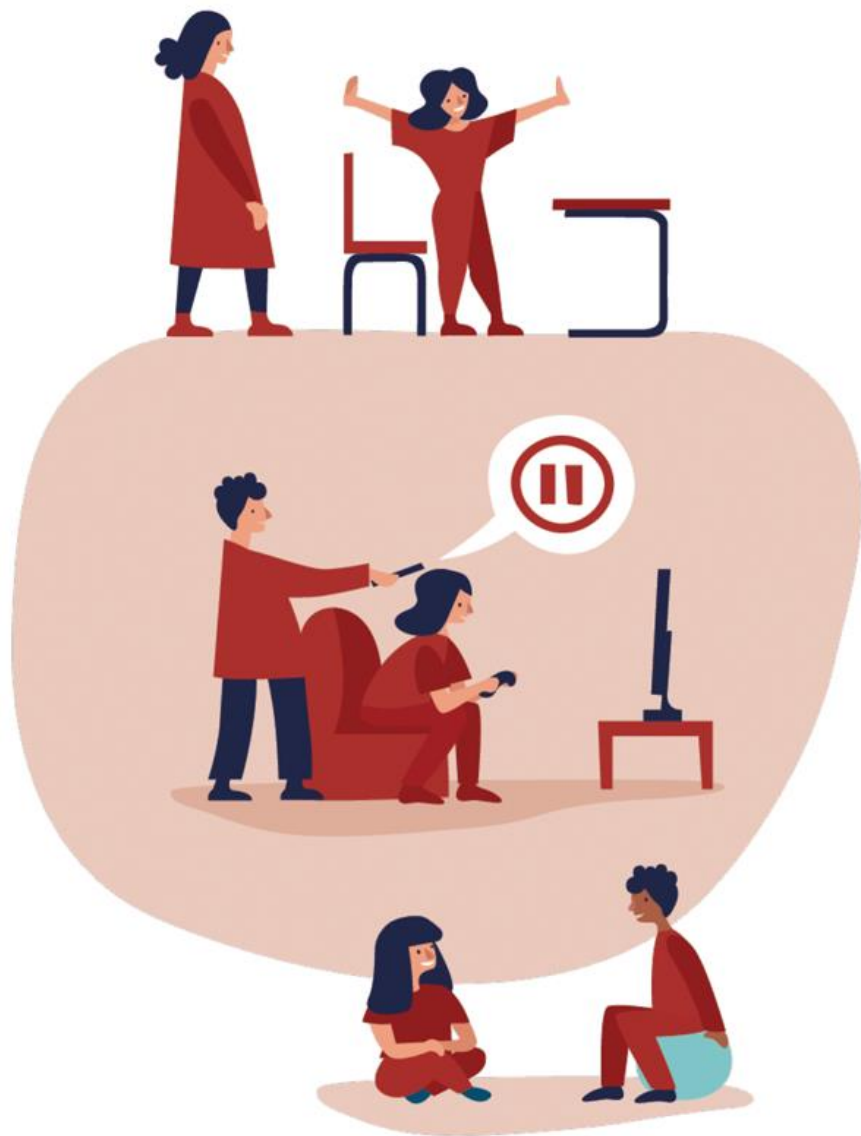
Perform versatile physical activity that focuses on different components of physical fitness.

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



A smaller amount of physical activity is also beneficial, even if the recommendation is not met.

Could you, for example,
walk or cycle to school,
take the stairs instead of the elevator,
or take the dog for a walk?



**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?**



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:

- be physically active
- eat a light evening snack
- calm down
- turn off electronic devices
- make yourself comfortable.

Sleep requirements are individual.

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.



Sources and links

Recommendation: Report series of the Ministry of Education and Culture, Finland 2021:21.

<http://urn.fi/URN:ISBN:978-952-263-861-8>

WHO 2020

<https://www.who.int/publications/i/item/9789240015128>

At least 60 minutes of
moderate to vigorous physical activity a day

experiences
eco-friendliness
CONCENTRATION
FRIENDS
new skills
coping
FRESH AIR
STRENGTH
JOY
ENERGY
wellness
endurance
relaxation
FUN ACTIVITIES
GOOD SLEEP
VARIATION

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Thank you!

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