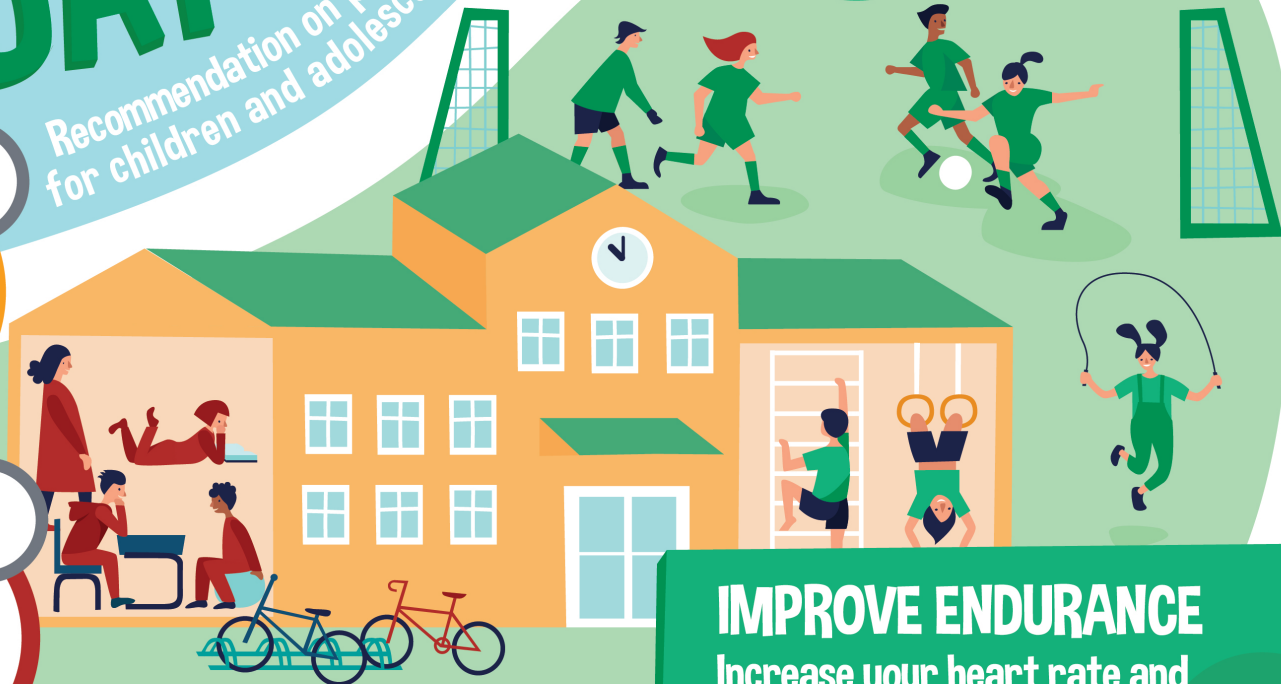


At least 60 MINUTES A DAY

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



STAY ENERGETIC
Take breaks during prolonged sedentary periods.



IMPROVE ENDURANCE
Increase your heart rate and frequency of breathing.
3 times a week



STRENGTHEN YOUR MUSCLES AND BONES
Remember flexibility, balance and agility.
3 times a week

INCREASE WELLNESS
Move whenever you can. Supplement your sports activities with everyday physical activity.



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

