



**Be physically  
active  
at any age**

preschool age

1

at least 3 hours per day

Children  
learn skills  
by playing.

- Take care that your child's day includes at least 2 hours of moderate outdoor activities and light physical activity.
- Make sure that your child's day also includes 1 hour of vigorous physical activity.

**IN ADDITION**

- Give your child time for calming activities. Make sure to break sedentary periods lasting more than an hour.
- Make sure your child gets enough sleep.



In accordance with OKM 2016

7-17 year old

2

at least 60 minutes a day



- Be physically active in a versatile, moderate and vigorous manner for at least 60 minutes a day.
- Increase your heart rate and frequency of breathing at least 3 days a week.
- Strengthen your muscles and bones at least 3 days a week.

**IN ADDITION**

- Move in everyday life whenever you can.
- Sit less and take breaks during prolonged sedentary periods.
- Get enough sleep

Stay  
energetic

In accordance with OKM 2021

adults aged 18-64 years

3

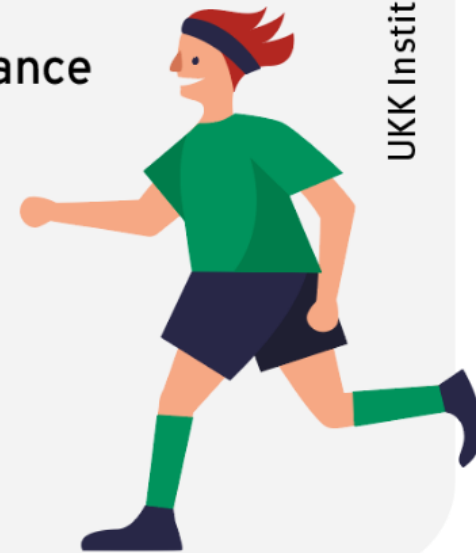
At least 2½ hours per week

Enhance  
your health.

- Moderate physical activity at least 2 h 30 min per week **OR** vigorous physical activity at least 1h 15 min per week.
- Train your muscles, and challenge your balance and flexibility at least 2 times per week.

**IN ADDITION**

- Light physical activity as often as possible.
- Take breaks in sedentary behaviour.
- Sleep adequately.



UKK Institute 2019

adults over 65 years

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## At least 2½ hours per week

- Moderate physical activity at least 2 h 30 min per week **OR** vigorous physical activity at least 1h 15 min per week.
- **Train your muscles, and challenge your balance and flexibility at least 2 times per week.**

### IN ADDITION

- Light physical activity as often as possible.
- Take breaks in sedentary behaviour.
- Sleep adequately.

Ensure  
your ability  
to function.

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# Move in versatile ways



- When your heart rate and frequency of breathing increase, you improve endurance.
- When you train your muscles, you maintain and improve musculoskeletal fitness.
- When you challenge flexibility, balance, and agility, your skills develop and your movement confidence improves.
- When movement causes high-impact loading, your bones get stronger.

# Move at different intensities



- Move lightly as often as possible. During light physical activity, the frequency of breathing isn't increased.
- When moving at a moderate intensity, your frequency of breathing increases but you're still able to speak.
- When moving at a vigorous intensity, your frequency of breathing increases so that it's difficult for you to speak. Vigorous physical activity is suitable for a practised exerciser.



## **Move in a preferable way**

- Find your own ways to move in everyday life or as a hobby.
- Moving the way that suits for you bring good mood and regularity.
- Playing gives joy and movement for a child.





## **Move according to your own resources**

- Sometimes you can do more, sometimes less.
- Even short bouts of physical activity count.
- It's never too late to start.

# **Read more about physical activity recommendations**

[ukkinstituutti.fi/en/](https://ukkinstituutti.fi/en/)