

Families Flyer 3: General information regarding «Physical activity»

What is physical activity?

A. Everyday activities

- Active play in the schoolyard/ playground or any other free space in the neighborhood (e.g. running, hide-and-seek, jumping rope).
- Active commuting (e.g. walking/ cycling to school/ work, taking the stairs).
- Everyday family & social activities (e.g. walking the dog, helping in housework).

- #### B. Sports performed with or without the supervision of an instructor in a sports club or in the community facilities/school yard, respectively, e.g. football, basketball, volleyball, swimming, track and field, etc.



Both children & adults can perform their daily PA **in shorter bouts of 10 minutes each**. For example, adults can meet the recommendations by performing:

- 10 min walking to the bus to go to work + 10 min walking from the bus station to home + 10 min shopping
- 15 min dog walking in the morning + 15 min dog walking in the afternoon
- 10 min walking with the child to the playground, 10 min walking with the child back to home, 10 min playing with the child at playground

What are the benefits of being physically active?

- PA is important for children's optimum growth and development and the prevention of overweight/ obesity and obesity-related diseases.
- It helps children to express themselves, have social interaction with their peers and improve bonding with their family.
- It increases children's self-confidence and improve their motor skills.



How much physical activity is recommended?

- Children should devote 60 minutes/day to "everyday activities" and participate 6 times/week in sports (3 days per week: vigorous physical activities, and 3 days per week muscle and bone strengthening activities)
- Adults should devote 30min/day to any of these activities ("everyday activities" and sports) at a moderate intensity that could raise their heart beat and break a sweat

Tips and Suggestions for your Family

- Dress your child appropriately (shoes & clothes) to be physically active during the PE-session and the recesses at school.
- Be a good role model by being physically active together with your child.
- Try to be physically active every afternoon and weekend, e.g. by participating in the ongoing activities organized by the University and your Municipality (you will receive regular updates regarding these activities).

