

The key to staying active

– if you're in primary or middle school!



To feel good you need to move until you get warmed up and slightly out of breath for an average of at least **60 minutes** a day, for example by playing, walking or cycling.



Three times a week, your heart rate should go up until you feel breathless and warmed up, for example by running fast, cycling uphill or swimming.



You should strengthen your muscles and bones three times a week, for example by running or jumping.



Stay active during breaks. Try not to spend too much time in front of a screen and take breaks to move your body.

Exercising is great!

You'll get stronger bones

You'll have better balance and body control

You'll be stronger

You'll feel happier

You'll sleep better

Your concentration will improve

You'll feel less tired and have more energy



The key to staying active

TIPS TO GET STARTED!

- ✓ **Get more exercise every day.** Walk or cycle to school or whenever you're going somewhere that's not too far away.
- ✓ **Get active together.** Play, do sports or go hiking. Do something you think is fun!
- ✓ **Stay active as you play.** Run, jump, throw, catch, roll, balance, climb, dance – whatever you enjoy, as long as you get warmed up and slightly out of breath!
- ✓ **Play outside.** You'll get more exercise if you're outdoors. Go to a playground, park or forest, explore nearby nature – even when it's raining or snowing!

Follow inspo!



Get inspiration from social media

- Generation Pep
- RF-SISU Västra Götaland
- Västkuststiftelsen
- Friluftsförbundet

DISCOVER ACTIVITIES!

vgregion.se/rorelseguiden

svtplay.se/alex-traning

More tips if you have a DISABILITY

Check out these websites or follow them on social media!

Parasport Sweden
Para-Me.se



This brochure is based on Region Västra Götaland's action plan to encourage physical activity among children and adolescents, in cooperation with Centrum för fysisk aktivitet in Gothenburg. You can order 'The key to staying active if you're in primary or middle school' via adress.distributionscentrum@vgregion.se