The key to staying active



...feel less

tired and have

more energy

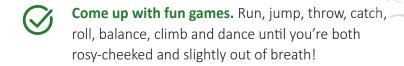
- if you have a child of pre-school age!

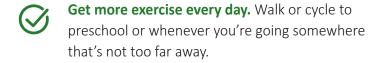
Staying active throughout the day is good for children!
Encourage and make it easy for your child to keep moving by creating challenging, exciting and secure environments and tasks.

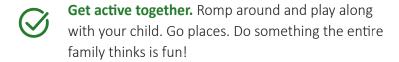
...become happier ...get stronger Exercising is bones great! ...find it easier to Your child will... focus ...have better balance and body ...sleep control better ...become stronger

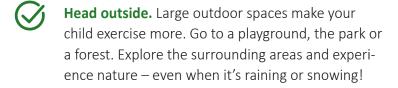


TIPS TO GET STARTED!

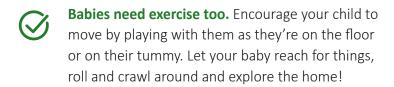














Check out these websites or follow them on social media:

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- generationpep.se
- svtplay.se/bolibompa-baby
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- friluftsframjandet.se
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