

# The key to staying active

– if you have a child in primary or middle school!



**To feel good**, children should move until they 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, their heart rate should go up until they feel warmed up and out of breath, for example by running fast, cycling uphill or swimming.



Three times a week, children should strengthen their muscles and bones, for example by running or jumping.



Makes sure your child doesn't sit still all day. Try not to let them spend too much time in front of a screen and make sure their body gets regular breaks. Think about how you're using screens as a family – When and how do you look at screens? What is going well? What is not going so well? Could you reduce your child's screen time?



## As an adult, you play an important role!

**You can encourage your child to lead an active lifestyle**

- Set an example – stay active yourself!
- Help your children with the practicalities, like work-out clothes, transport and planning.
- Remember to be understanding, have patience and don't compare your child to others.
- Support them by encouraging them and giving positive feedback!

**Exercising is great!**  
Your child will...

...get stronger bones

...have better balance and body control

...sleep better

...become happier

...find it easier to focus

...become stronger

...feel less tired and have more energy



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## 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.** Encourage your child to run, jump, throw, catch, roll, balance, climb, dance – whatever they enjoy, especially if they get warmed up and slightly out of breath!
- ✓ **Play outside.** Children get more exercise when they're outdoors. Go to a playground, park or forest, explore the neighbourhood and experience 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](http://vgregion.se/rorelseguiden)

[svtplay.se/alex-traning](http://svtplay.se/alex-traning)

## Tips for parents with a child with 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 having your child in primary or middle school stay active' via [adress.distributionscentrum@vgregion.se](mailto:adress.distributionscentrum@vgregion.se)