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?

control

better



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 workout 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!



...become

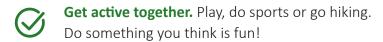
stronger

...feel less tired and have more energy

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TIPS TO GET STARTED!







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
- Friluftsfrämjandet

DISCOVER ACTIVITIES!

vgregion.se/rorelseguiden 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

