

Did you know that:

It is good for children if they are physically active for a good part of their waking day. Children of school age ought to be physically active for at least 60 minutes each day, and to such an extent that they become slightly hot and out of breath. They ought to get their pulse racing three times a week. Activities that increase their pulse rate and their breathing include energetic play outdoors, cycling, swimming and ball games.



Why is it so important to be physically active?

Play and exercise in combination with healthy eating are important for a child to feel good mentally and physically and to stay healthy. Other advantages are that it strengthens the bones, muscles and lungs, and it improves movement, balance and body control. Exercise stimulates mental development and the child's ability to think. It is also a way of meeting new friends, reducing stress, sleeping well, and being happy and full of energy.



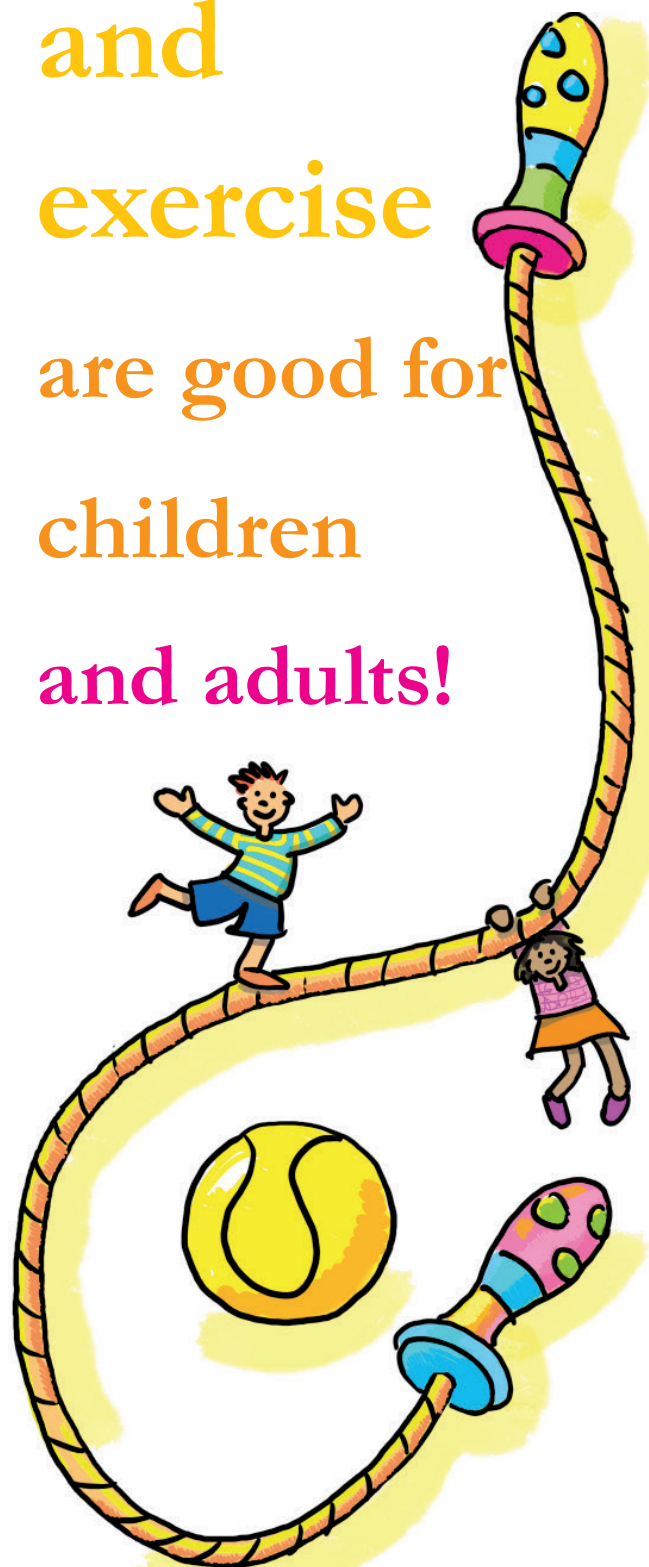
The IDEFICS study offers five folders aimed at promoting children's health:

- Water – the best way to quench your thirst!
- Good sleeping habits are important for your child!
- Enjoy your time together – television and other screens can wait!
- Fruit and vegetables are tasty!
- Play and exercise are good for children and adults!

The folders and other material can be downloaded at [www.vgregion.se/obesity decision support](http://www.vgregion.se/obesity%20decision%20support) under the heading brochures/folders. The folders are funded by the Public Health Committee, Region Västra Götaland. They can be ordered at adress.distributionscentrum@vgregion.se.

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Play and exercise are good for children and adults!



www.ideficsstudy.eu

learning, healthy living Partille Municipal Authority University of Gothenburg, Sahlgrenska Academy Department of Paediatrics, Public Health Committee Region Västra Götaland



Five tips on how to increase a child's desire to be active



Do things together

If you demonstrate that physical activity is good for them and enjoyable, it will motivate your children to be more active. If possible, you should plan to include an activity at the weekend that you do together. Children like it when adults take part in their games or activities.



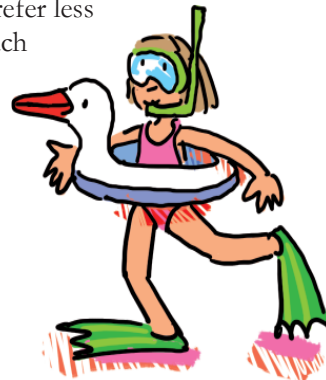
Daily exercise

Daily exercise is important. Walk or cycle with your children to school or to the shop instead of taking the car. Use the stairs instead of the lift. You can encourage your children to help with jobs around the house, or perhaps they can go to the shop, help wash the car, or take the dog for a walk.



Encourage children

Most children enjoy being active together with friends or family. Taking part in organised sports activities can be fun and stimulating. Some children enjoy team sports, whilst others prefer less structured activities, such as cycling or playing outdoors. Try to find out what your child enjoys doing most and offer them encouragement.



Propose an active alternative

Provide your children with enjoyable alternatives to television, the computer, tablet or telephone. You can suggest that you do something active together. Simple things, such as a ball, frisbee or skipping rope, could help boost their energy and promote play and exercise. A daily walk could be a way of spending time together, and is a good opportunity to chat.



Playing outdoors

Large open spaces mean that a child spends more time outdoors than indoors, and nature offers a whole range of exciting and stimulating opportunities for play and exercise. Go to the playground, park or forest; discover where you live and experience nature.

