

10 tips to be more active

for children over 5 years



- 1.** Add minutes of physical activity during daytime... at least 60! Walk, run, cycle, skate, swing, jump or dance. Enjoy yourself while adding minutes: everything counts!
- 2.** Go to school on foot, by skate, bike or public transport, this adds minutes as well!
- 3.** Play with your friends on the playground: jump a rope, play ball-games, hopscotch or hide-and-peek.
- 4.** If you do some out-of-school activities, choose the more active ones.
- 5.** Play outdoors daily! Try different sports and activities. It's fun and good for health.
- 6.** Take the stairs, it's very healthy. Do yourself a favour by not using the lift!
- 7.** Move yourself! After an hour sitting turn off the TV, forget about play stations and computers and stir up your body!
- 8.** Make the most out of the weekend doing activities that you like together with family and friends: trekking, ball-games, dancing. Enjoy your time and do something for your health!
- 9.** Enroll in a leisure centre or sports club. Engage in physical activities to enjoy your spare time and to make friends!
- 10.** Remember to use suitable protections (helmet, knee pads, etc.), protect yourself from the sun and drink water regularly!



What to gain being physically active? You...

- grow strong and healthy
- feel good with yourself
- sleep better
- improve your school marks
- make new friends
- learn to work in a team
- meet different people
- have fun!

