

# PHYSICAL ACTIVITY RECOMMENDATION

Physical activity recommendation for children under school age:

At least 3 hours per day.

This includes 1 hour of energetic outdoor activity and 2 hours of brisk outdoor activity or light physical activity.

Finnish Institute for Health and Welfare THL

## WHAT DOES PHYSICAL ACTIVITY AFFECT?

- physical development (bones, muscles, and balance)
- brain wellbeing
- learning new things
- ability to concentrate
- mental wellbeing
- self-esteem and self-image
- interaction skills
- disease prevention
- sleep quality
- appetite

## KEEP AN EYE ON THESE

How do you notice that your child needs more physical activity?

How much time do you spend outdoors?

What is your child's favourite way to move? How about yours?

## HOW TO INCREASE EVERYDAY PHYSICAL ACTIVITY?

Walk or cycle to daycare and the shops.

Encourage even a small child to walk short distances without a stroller.

Create an obstacle course at home together.

You can be active indoors too.

Encourage your child to play outside with friends.

Remember to rest and relax as well.

## HOW TO BE ACTIVE?

SEASONAL ACTIVITIES:  
skating, skiing, swimming

PLAYGROUND:  
climbing, balancing

NATURE OUTING

THROWING A BALL

CYCLING, USING A SCOOTER

DANCING

SWIMMING POOL

