



PHYSICAL ACTIVITY – To be active

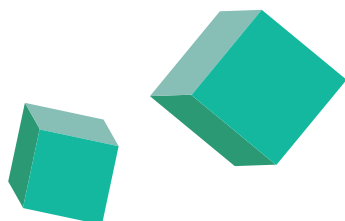
The benefits of being active?

Physical activity prevents several diseases and the brain functions are positively affected. Effect is seen on both physical and mental health. Moving in any way is the most important thing, how or what is the less important part about it. By moving, you can become happier, less stressed, sleep better and feel full of energy. The body should be strong enough to cope with the daily life of school (later in life, with work) and leisure.

Children who build a strong body benefit from it throughout life. The skeleton is strengthened by being loaded during movement at a young age. The movement also strengthens muscles and lungs and improves mobility, balance and body control. The child's thinking ability and brain development are stimulated. In the longer term, certain forms of cancer, dementia and other diseases are prevented. Our bodies are made to move!

Tips for better movement habits

- Not everyone wants or needs to practice a particular sport.
- Do things together. Find the joy of movement.
- Listen to what your child thinks is fun and encourage it.
- Access to a ball, frisbee or a jump rope can start the energy for play and movement.
- Walk or bike instead of taking the car. Take the stairs instead of the elevator.
- Encourage outdoor play.
- Go to the forest, the beach or the park. Discover the surroundings and experience nature.
- Pedometer or activity book can give an idea of how active you are during a week and can be motivating for more movement.



How much should children and young people move?

All children and youngsters are recommended at least 60 minutes of physical activity every day, heart rate-boosting activities at least three times a week and activities that load the skeleton and muscles at least three times a week.

Want to know more or get help?

The school nurse can give tips and advice or refer you further if the child has obstacles to move, for example, due to pain, disabilities, difficulties with motor skills and body awareness.

Physiotherapist/rehab clinic can be found through 1177.se.

Read *Hjärnstark junior: smartare gladare, starkare (Brain strong junior: smarter happier, stronger)* by Anders Hansen and Mats Wänblad which was published 2020 on Bonnier fakta.

Visit Generation pep at www.generationpep.se.

Read *Varför idrott och fysisk aktivitet är viktigt för barn och ungdom – fakta och argument (Why sports and physical activity are important for children and youth – facts and arguments)*, published by Riks idrottsförbundet. Download the brochure at www.rf.se.

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