

## TAKING JOY IN EXERCISE

Adequate physical activity is an important part of a child's growth and development. For a child under school age, exercise consists of playing and games, as well as everyday activities and chores indoors and outdoors. A child is naturally on the move, active because they can be, because they are curious, and because they want to try out different skills.

Exercise recommendations for children are at least three hours of activity a day: light movement, active outdoors play, and strenuous, sweating-inducing exercise. To meet the daily recommendations, it is best to incorporate exercise both into the daycare day as well as at home or through a hobby in evening time.

Basic motor skills include walking, running, jumping, throwing, catching, kicking, and striking. Basic motor skills help a child move around in their everyday lives, and mastering them supports their overall well-being. The way to master these basic motor skills is through practice, often through many repetitions.

Family exercise consists of a diverse and interesting range of activities at home and in the close environment in all seasons. The most important parts are being together, deriving joy from activity, and associating that with positive emotions and experiences. A family can naturally make observations, marvel at new things, and learn together.

A child and youth who is used to exercise will often grow up to be an active adult as well. Habits and positive associations with exercise picked up as a child will help shape an active way of life in adulthood as well. For the parents and other persons close to a child, it is important part of their exercise upbringing to serve as an example, an inspiration, and an enabler of activity in an exercise-positive, active everyday life.

The exercise upbringing by the family will be supported by early childhood education, local sporting and exercise providers, as well as health care professionals such as child health clinic nurses. If you have questions about exercise and activity, please contact our partners.

### EXERCISE TIPS FOR EVERYDAY LIFE:

- Walking or bicycling life's necessary trips to daycare, work, and to the store or to hobbies
- Home yard games: tag, dodgeball, floorball, football, hopscotch, geocaching, climbing and activity courses
- Nature's own "gym" is open at all hours of the year!
- A trip to the close environment to look for birds, colours, signs of spring, or vehicles
- Playgrounds – enough fun to make you breathe hard and great opportunities for muscle conditioning or stretching
- Exercise through daily chores: carrying shopping bags, taking the stairs instead of the lift, spring cleaning indoors or outdoors

TO THINK ABOUT AT HOME: Plan out your whole family's day trip out to the springtime nature. Clothing and gear appropriate to the weather and a good set of snacks will help the smaller and bigger trip-goers go farther and longer. After the trip your mind will be refreshed and your cheeks will be reddened, that's the joy of exercise!

### MORE TIPS FOR ENTHUSIASTS

Neuvokas perhe: [Exercise - Neuvokasperhe](#)

LiikU – exercise as a way of life: <https://www.liiku.fi/>



LIKKUMISEN ILOA

Suomen latu – The Outdoor Association of Finland: [Family exercise - Suomen Latu](#)

