

Everyday activity!

Physical activity supports learning and wellbeing
Materials for parents and guardians of secondary
education students



Helsinki

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Physical activity recommendations vary according to age

Children and young people aged 7–17 should engage in at least an hour of vigorous physical activity a day.

People aged 18–64 should engage in at least 2.5 hours of vigorous physical activity a week in addition to strength training.

At least 60 minutes of
moderate to vigorous physical activity a day



How physically active are young people?

Encourage young people to get more exercise in their everyday life: walk or cycle and arrange a walking date with a friend.

80%

of young people are less physically active than recommended.

10 h

of sedentary behaviour per day.

75%

of young people would like to be more active.

Study journeys provide possibilities for physical activity

Even a small increase in physical activity is beneficial, so encourage public transport users to get off one stop earlier!

400

Trips between home and the educational institution per school year.



15-minute round trip to the educational institution =

2.5 h

of physical activity per week.

15-minute round trip to the educational institution =

200 h

of physical activity per year.

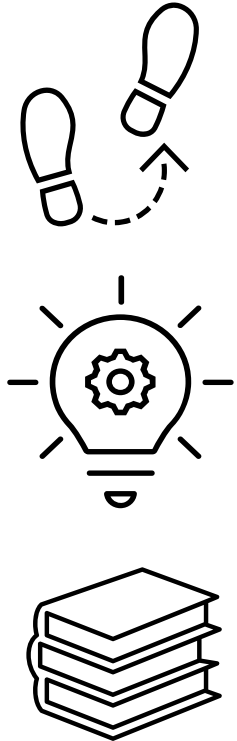
Movement → The brain → Learning

When the body moves, the brain is activated and learning is enhanced.

How does physical activity support learning?

- Improves memory and assimilation of information.
- Improves concentration, alertness and attention.
- Reduces study fatigue and improves mood.

Even a **short period of physical activity** before or during studying can improve learning outcomes!



Why is physical activity important for young people?

Mental health

- Alleviates symptoms of depression and anxiety
- Eases stress and emotional regulation



Physical health

- Improves fitness and muscular strength
- Reduces neck and shoulder pain
- Facilitates weight management



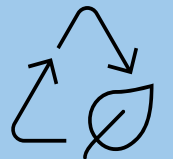
Community spirit

- Supports group bonding
- Facilitates social interaction



Environment

- Walking and cycling to and from places reduces transport emissions and improves air quality



➔ **Continuing a physically active lifestyle to adulthood**

Parents and guardians as support for physical activity

Daily physical activity can be curbed by

- long journeys to educational institutions;
- health challenges (e.g. mental health reasons);
- fatigue and lack of motivation.

Parents and guardians facilitate physical activity and serve as examples.

How to support physical activity among young people?

- Be aware of the importance of physical activity for learning and wellbeing.
- Set an example – be physically active together.
- Encourage them to be active with a friend.

What would be the easiest way to increase physical activity in young people's daily lives?

What kind of an example am I setting?