



Small-group activities for families

Is your family's everyday life active? Do you get enough exercise together? Do you feel like you need support and information regarding family exercise in Helsinki?

The purpose of our activities is to increase awareness of the impact being active as a family has on well-being and, particularly, the effects of an active family lifestyle on children. Together, we discuss staying active day-to-day with a busy family life and consider how you can know whether your child is getting enough exercise. We also discuss other factors that impact well-being, such as nutrition, and visit places that offer opportunities for family exercise as a group.

Small-group activities are made up of three group meetings and additional short individual discussions with your instructor. Participation is free of charge. Let's make exercise easy and fun!

Helsinki

Sign up and inquiries:

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