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Joint Operational Programme
Romania-Ukraine 2014-2020

“PERSONALIZED PREVENTION TOOLS IN OBESITY AND DIABETES” No 2SOFT/4.1/56

The European Union is made up of 27 Member States who have decided to gradually link together their know-how, resources and destinies. Together, during a period of enlargement of 50 years, they have built a zone of stability, democracy and sustainable development whilst maintaining cultural diversity, tolerance and individual freedoms.

The European Union is committed to sharing its achievements and its values with countries and peoples beyond its borders.

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PHYSICAL ACTIVITY

How important is it?



So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

Moving more can give you a boost — in lots of ways.

SUCH ENERGY!

SO SELF-CONFIDENT!



VERY RELAXED!

AMAZING GRADES!*

* It's true — physical activity can actually help you do better in school.

The Physical Activity Pyramid



How much activity do I need?



If you're between age 6 and 17, you need at least **60 minutes** of activity each and every day.

So, what kind of activity do I need?



Get a mix of activity. Do things that:



Strengthen your bones



Build your muscles



Make your heart beat faster

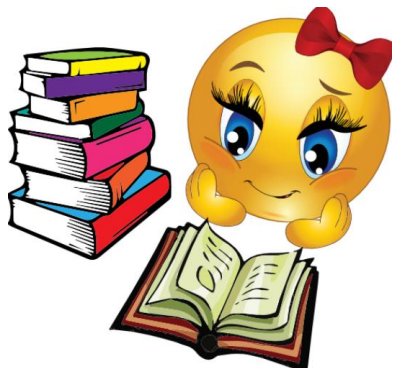
	How intense are YOU?		
MEASURE	LIGHT	MODERATE	VIGOROUS
How it feels to you...	Feels easy.	Feels somewhat hard.	Feels very hard.
Your breathing pattern...	No noticeable changes in your breathing pattern.	Breathing quickens but you are not out of breath.	Breathing is deep and rapid
How much you sweat...	You don't break out in a sweat (unless it is hot and humid)	You develop a sweat after about 10 minutes.	You develop a sweat after just a few minutes.
Your ability to talk...	You can easily carry out a conversation or even sing.	You can carry out a conversation but CANNOT sing.	You can't say more than a few words without stopping for breath.
Example Activities...	- Walking at a slow pace - Sweeping the house - Hanging Laundry	- Brisk walking - Raking the yard - Gardening - Active play with kids	- Jogging / running / sprints - Swimming - Competitive sports e.g. Rugby - Skipping rope - Paddling



Um,
strengthen
my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

**60 minutes all at once?
I'm pretty busy.**



Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school

Walk to school or the bus stop!
Dance around the living room!



At recess

Play with your friends!
Swing on the monkey bars!



After school

Walk your dog!
Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

**Walk. Run. Dance. Play.
What's your move?**

Health Benefits Associated With Regular Physical Activity

- Reduced risk of depression
- Improves strength and muscle mass
- Improved bone health
- Improved weight status
- Improves attention and indicators of academic performance (along with the physical activity curriculum)
- Improved cardiometabolic health
- Improved cardiorespiratory and muscular fitness