

CHILDREN'S PHYSICAL ACTIVITY DECALOGUE FOR PARENTS





The Physical Activity Group of the Spanish Association of Pediatrics, according to institutional recommendations and scientific evidence, advises that:

Physical inactivity implies serious risks for the physical and mental health of everyone. Regular exercise in children and teenagers helps to prevent and treat excess weight and obesity, cardiovascular diseases, psychological disturbances, bone demineralisation and some cancers. For some of these conditions, physical activity is the main modifiable protection factor.

Physical exercise and sports practise in children and teenagers facilitate their optimum global development, integration, the promotion of positive values and the acquisition of a **healthy lifestyle**.

★ PEOPLE WHO EXERCISE REGULARLY LIVE LONGER AND BETTER LIVES. PHYSICAL ACTIVITY IMPROVES HEALTH AND IS AVAILABLE TO ALL.

CHILDREN'S AND TEENAGERS' PHYSICAL ACTIVITY DECALOGUE FOR PARENTS



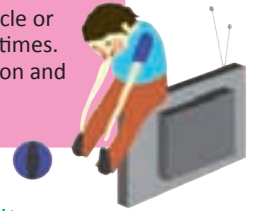
1. IT IS RECOMMENDED to practise moderate or vigorous physical activity for a minimum of **60 minutes** a day. This can be divided into two or more sessions, mostly aerobic and interspersed with vigorous activities for muscle and bone strengthening 3 times a week. Physical activity for over 60 minutes offers added health benefits.



3. LEISURE AND GAMES. Outdoor group fun activities are preferable.

2. SAY NO TO A SEDENTARY LIFESTYLE.

Any daily physical activity is better than its sedentary alternative. Walk, ride a bicycle or climb the stairs. Fix study and learning times. Limit time sitting in front of the television and other electronic devices.



4. SAFETY. The physical environment must be safe and appropriate. Follow safety guidelines when practising sports.

5. ANY HEALTH CONDITION. Physical activity adapted to each situation generally improves the state of health and progress in children with chronic diseases and disabilities.



6. A MATTER OF HABIT. Exercising must become a healthy habit from childhood. Habits are easily kept with time and are missed when not there.



7. PRIORITY ACTIVITY. Add physical exercise to your child's daily activities. Take advantage of extracurricular activities and invest in their health.

8. GIVE AN EXAMPLE. Practise physical exercise and plan family activities if you want your child to be active.

9. HYDRATION. Make sure they drink enough liquids, especially when doing intense activity in hot weather.



10. VARIED AND BALANCED DIET. This is one of the pillars of good health together with physical activity.

