



There are a 1000 opportunities for one to exercise more:

- ▲ Go to school on foot and ride a bicycle.
- ▲ Take the stairs regularly instead of the lift in every house!
- ▲ Go swimming in the indoor pool, even in winter.
- ▲ Attend a dancing course with friends.
- ▲ Walk to a tram stop on foot, instead of waiting for the tram
- ▲ Play football with the family in the park.
- ▲ Go for a walk in the woods with your family, even if it's raining.

For it holds true not only for children but for all that:

Regular exercise gives you a better body image, good sleep, aids against stress and can protect against disease.

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Exercise is healthy



– and a lot of fun

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Children like to exercise, we should encourage them to do it!

Regular exercise is a basic prerequisite for our health, our performance capability and our well-being.

Exercise is very important for the healthy development of children. Unfortunately, in the past few decades the living and exercise conditions for children have changed greatly, and for their parents as well. Traffic and the housing congestion have increased. Opportunities for spontaneous play and exercise have become less frequent. For that reason, children are definitely exercising less today. The consequences are apparent: more and more children have deficits in their exercise behaviour, and the number of children in Switzerland who are overweight has doubled in the past ten years.

He who exercises a lot keeps on the go. He who plays a lot, often cries hurray.



He who runs a lot has more fun.



For that reason it is important that you encourage your children's exercise and sports activities and limit the time spent at the computer, watching DVDs and playing video games.

For active children have a healthier development:

- Their locomotor system is strengthened.
- Their motor skills are better.
- They have fewer cardiovascular illnesses, less cancer, diabetes, back pain, etc.
- They are better adjusted psychologically and more competent socially.
- It has a positive impact on their achievements in school.

He who exercises sees more of the world.



He who exercises stays active.



What should one bear in mind?

Everyone, young and old, needs exercise to stay healthy! Integrate exercise for your children and yourself into everyday living. Adults should exercise half an hour a day in the form of everyday activities or sports; older school-age adolescents at least one hour per day; younger children should definitely exercise even more.

He who exercises a lot stays fit.



For regular exercise prevents:

- diabetes
- cardiovascular disease
- overweight
- cancer