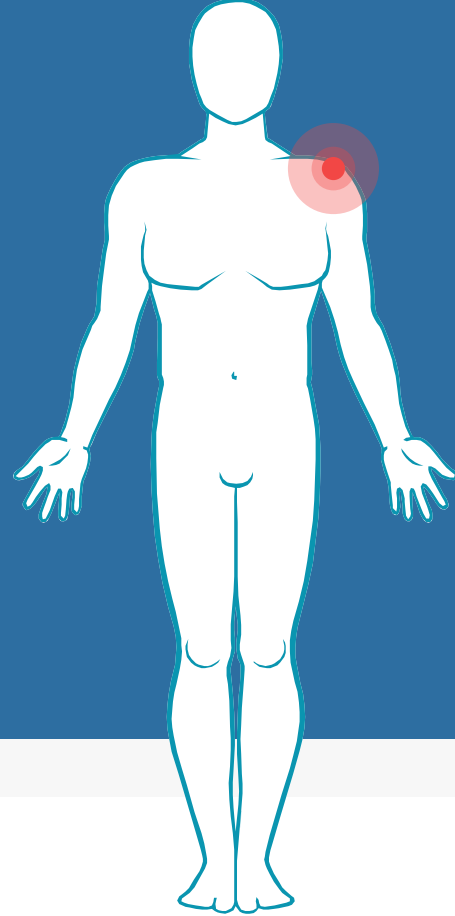


On-Call

Digital Resources

Physical activity in different
age groups



Physical activity at young age

- In childhood, exercise helps to:
 - control body weight,
 - build strong muscles
 - build healthy bones
 - boost self-confidence
 - develop healthy sleep patterns



Physical activity at young age

- How kids should train:
 - Kids should play variety of games and try few different spots in order to develop different skills
 - Children should be physically active at least an hour a day
 - Play organized sports in order to meet other people and boost self-confidence



Physical activity for teens

- For young people, exercise helps to:
 - stay in a good health
 - stay in a good shape
 - boosts self-confidence
 - prevent depression



Physical activity for teens

- How teens should exercise:
 - Teenagers should train at least 30 minutes per day
 - Activities for teenagers should be fun and interesting, if it is possible they should be able to train with friends



Physical activity for adults

- For adults, exercise helps to:
 - stay in a good health
 - stay in a good shape
 - boosts self-confidence
 - prevent depression and feeling of being constantly tired
 - relive stress
 - prevents a lot of health problems



Physical activity for adults

- How adults should train:
 - Adults should train at least 30 minutes per day
 - As with age our muscles start to weaken, in order to stay in a good shape adults should focus on weight training
 - resistance training will help them to boost metabolism, which starts to slow down



Physical activity for older people

- For people, exercise helps to:
 - stay in a good health
 - stay in a good shape
 - keep straight posture
 - prevents a lot of health problems
 - especially heart problems and diabetics
 - Feel psychologically better, live their life to the fullest



Physical activity for older people

- How older people should train:
 - older people should remain active, yet try not to over train
 - they should focus on balance, cardiovascular exercise
 - resistance training will help them to boost metabolism





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