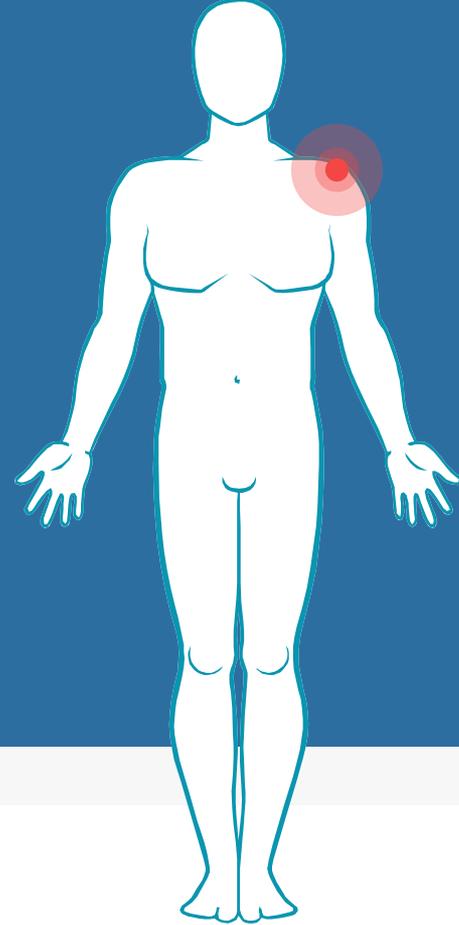


# On-Call

## 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 psychically 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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