

MOVEMENT IN DAILY LIFE

Physical activity in everyday life

Running, romping, jumping, climbing or swimming. There are many different ways to move and yet many children are too inactive. **Physical inactivity** can have a negative impact on health. However, encouraging children to be more active can be challenging, especially during the cold winter months. Therefore, we would like to provide you with some tips on how to **integrate more exercise into your everyday life**.

5 min. reading time | #physical inactivity #physical activity #coordination #activity support #sit less



Dear parents,

did you know that, according to a **WHO study**, **80% of children and adolescents do not get enough exercise**, even though they have a natural desire to move? For children between the ages of 5 and 17, moderate to high-intensity activity for at least 60 minutes a day is recommended.

Especially at kindergarten age, **biological, psychosocial and cognitive skills develop that lay the foundation** for later in life. In this regard, age groups 7 to 12 are of great importance: during these years, coordinative skills (= coordination) are developed through climbing, running or jumping, for instance.

Movement has many positive effects on the health of children and adolescents. It is associated with an increased ability to concentrate, as it promotes the formation of nerve cells in the brain. In addition, movement strengthens the muscles, immune system, metabolism, cardiovascular system, lungs and bones.

A lack of exercise, on the other hand, has a **negative impact on children's health**. It can lead to postural defects, a lack of physical fitness and lower mental performance.

With the **following tips**, we would like to encourage you to move more in everyday life and support you in creating moving moments with your children.



GENERAL TIPS

Take the stairs instead of the lift!

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Start moving early in the morning!

Stand on one leg while brushing your teeth.

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Dancing makes you feel good!

Turn up the music and dance to your heart's content to your favourite songs.

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Make sure you **don't sit for too long**, especially now.



CONCRETE TIP

The motoric game "Ein Hut, ein Stock, ein Regenschirm" [German children's song, which translates to: a hat, a stick, an umbrella] encourages physical activity.

The game "Ein Hut, ein Stock, ein Regenschirm" can be played at any time, with no additional materials and in a small space, and encourages more movement in the family. The game also turns a Sunday walk, which is otherwise rather "boring" for children, into a special experience.

Here's how:

The saying to the game goes "Eins und zwei und drei und vier und fünf und sechs und sieben. Ein Hut, ein Stock, ein Damenunterrock. Vorwärts, rückwärts, seitwärts ran. Hacke, Spitze, hoch das Bein." [One and two and three and four and five and six and seven. A hat, a stick, a lady's petticoat. Forwards, backwards, sideways, put your feet together. Heel, toes, lift your leg.]

The idea is to perform movements and steps to match the saying:

- Start by taking seven quick steps forwards ("Eins und zwei und drei und vier und fünf und sechs und sieben").
- Then take three slower steps (one step at "ein Hut", one at "ein Stock", one at "ein Regenschirm").
- Then tap the toe of your right foot first forwards, then backwards and then to the side. And at the end, put your feet right back together ("Vorwärts, rückwärts, seitwärts, ran").
- Afterwards, tap the heel of your foot and then the tip of your foot/toes on the floor ("Hacke, Spitze").
- Finally, lift the leg straight forwards with momentum ("hoch das Bein").

TIP: This saying can be repeated as often as you like. Eventually, the children will be able to recite the text by heart.



Such shared moments do not only encourage more movement, but will remain in your and your child's memory for a long time.

HEALTHY TIP FOR PARENTS

Healthy parents are key to healthy children.

Adult should also get enough exercise and **be a role model for their children**. Especially in the first years of life, you will transfer your behaviour to your child. Therefore, cycle rather than drive to the bakery around the corner and motivate your partner to join you for a simple workout at home.

Instructions can be found [HERE](#).



For more fun **health advice** for the whole family please consult [our homepage](#).



MORE INFORMATION

Click [HERE](#) for an interesting article on creating play and exercise areas for children..

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Would you like to learn more about child health? Then follow the Stiftung Kindergesundheits on social media.



Best regards,
the RAKUNS-team



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