

Health and exercise

Sufficient exercise is good for the health and development of your child. Most children love to climb and explore. But sometimes you need a little help with that. It is good to encourage people to exercise a lot and in a varied way.

Benefits of moving

Regular exercise makes children fitter and gives them more energy. By moving you train a kind of repetition, such as the arm and leg muscles and the heart muscle. It is also good for breathing and circulation. Digestion works better and your species maintains its weight better. Children who exercise regularly feel more relaxed, more energetic and sleep better. Exercise and sports have a positive effect on your child's self-confidence and social skills. A good condition also ensures better resistance. Since then you get sick less quickly.

How much exercise does your child need?

According to the Health Council's exercise guidelines, primary school children should exercise moderately intensively for at least one hour a day to stay healthy. Playing outside, cycling to school and walking are good ways to get more exercise. The Health Council also established that children do bone and muscle strengthening activities at least three times a week.

Take the Exercise Guidelines test of the Knowledge Center Sport & Exercise to gain insight into how much your child moves and what opportunities there are still.

More information about the exercise guidelines can be found at [Allesoversport.nl](https://allesoversport.nl)

Let your child move more

It is important to ensure that your child does not sit too much. Have your child get up to move after every half hour of sitting. For example to get a glass of water, to do a few knee bends or to jump on the spot. When playing outside, children move more, because they have the freedom and space. Outdoor air is also healthy and your child also gets to know other children.

Let your child help with a household chore, for example by bike or walking to do the shopping or hang up the laundry. Cycle to school together. Play soccer with your child. Challenge your child to a running competition. Play a game (badminton, volleyball, tag, spray can) with your child. Help your child build a hut.

Encourage your child to find out which sports there are besides well-known sports such as football, swimming and volleyball. Maybe your child also likes water polo, climbing or street dance? Let him do a trial lesson. Take a look at <https://dynamojeugdwerk.nl/crew/all-sports/>.

Pedagogical support for children aged 0 to 13 is free for parents.

So, can you use some tips and advice to support your child's development or do you have everyday questions about your child? Then feel free to contact me and together we will look for what you need.

Tot ziens,

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Source: Parenting Information Netherlands

