

BE ACTIVE EVERY DAY AND YOU WILL FEEL GREAT!

Physical activity recommendations for children, adolescents and adults

Children and adolescents aged 5 up to 17 years:

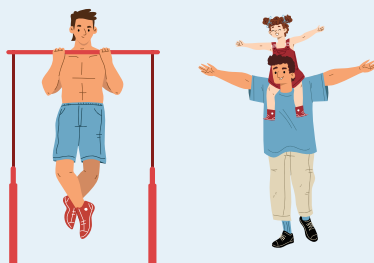
60 minutes every day

Most of time should be **moderate-intensity aerobic activity** – Every single movement that get your heart rate up counts.

At least 3 days a week, encourage children to step it up to **vigorous-intensity aerobic activity**, so their breathing and heart rate up is pounding.

As part of their daily 60 minutes, children and teens also need:

Muscle-strengthening activity
(at least 3 days a week)



Anything that makes their muscles work harder counts – like climbing or swinging on the monkey bars.

Bone-strengthening activity
(at least 3 days a week)



Bones need pressure to get stronger. This can be achieved with running, jumping and other weight-bearing activities.

Every move counts. Let's be active. Everyone. Everywhere. Every day.

Adults:

In adulthood a variable combination of physical activities is needed, to maintain health.

Moderate-intensity aerobic physical activity, that raises the heart rate.

150-300 minutes a week

OR

Vigorous-intensity aerobic physical activity.

75-150 minutes a week

AND

Muscle-strengthening activities in which muscles work harder .

At least 2 days a week

Every move counts. Let's be active. Everyone. Everywhere. Every day.

Benefits of physical activity for the health of children and adolescents

Builds confidence and social skills.



Improves attention and learning abilities.



Strengthens muscles and bones.



Develops coordination.



Improves self-esteem.



Improves physical performance and strengthens health.



Improves sleep quality.

Maintains body weight.

Every move counts. Let's be active. Everyone. Everywhere. Every day.

The National Institute of Public Health - Regional Unit Maribor is the central public health institution of the region Podravje, which includes 41 Slovenian municipalities and approximately 330,000 inhabitants - which represents 16 % of the Slovenian population. We have a partnership with other healthcare institutions in the region, as well as with many other institutions in the region in the fields of education, social care, public administration, and with regional/local decision-makers.

We operate at two locations in Maribor; at Prvomajska Street 1 (headquarters of the regional unit) and at Ljubljanska Street 4. We are divided into the Department for non-communicable diseases and the Department for communicable diseases. **At the Department for Non-Communicable Diseases, which also includes the work area of movement and physical activity, we have an established organizational structure of 7 working groups:**

- Working group for preventive national screening programs DORA, ZORA, Svit
- Working group for health and educational activities, health promotion programs and related content
- Working group for coordination of work and cooperation with Health promotion centers and Community health centers in Podravje
- Working group for the prevention, control and monitoring of chemical/non-chemical addictions
- Mental Health working group
- Working Group on Health Statistics, Analytics and Data
- Working group for the study of social factors of health and health inequalities in Podravje.

We also participate in consultative, professional and working groups in various fields and levels at the regional and national level, and every year we organize several different professional regional meetings and consultations.

