

# PRACTICAL ACTIONS



take Care  
Physical Activity

## FOR PARENTS AND CAREGIVERS

**1 PROMOTE DAILY ACTIVITY**  
by encouraging your children to set aside time each day for 60 minutes of moderate to vigorous aerobic activity



**2 ENCOURAGE YEAR-ROUND ACTIVITY,** including during school holidays



**3 EXPOSE YOUR CHILDREN TO DIFFERENT ORGANISED SPORTS**  
so that they can choose what they like best



**4 PROVIDE THE RIGHT GEAR** for each activity



**5 TAKE AN ACTIVE INTEREST** in your child's sporting journey, show enthusiasm by attending sports events and transmit a positive attitude to sport



**6 ENCOURAGE HEALTHY NUTRITION** and eating habits



**7 BE AWARE OF AND DISCUSS THE RISKS OF SUBSTANCE ABUSE** and create a safe environment for open discussions



**8 ALLOW TIME FOR RECOVERY** and ensure that your children have a healthy sleep schedule.



**9 REGULATE ELECTRONIC DEVICE USAGE** to ensure that enough time is devoted to physical activity



**10 ENCOURAGE HYDRATION** before, during and after practice



# PRACTICAL ACTIONS

## FOR TEACHERS, COACHES AND STAFF



1

**HELP CHILDREN DESIGN THEIR OWN FITNESS PROGRAMMES AND SET GOALS**, even during school holidays



2

**PROMOTE REGULAR, CONSISTENT PRACTICE** and emphasise its benefits

3

**PROVIDE REGULAR FEEDBACK** to parents and children to help track development, which is key to progress



4

**CREATE A POSITIVE, FUN AND INCLUSIVE ENVIRONMENT** during practice to foster children's enthusiasm



5

**ENCOURAGE HEALTHY NUTRITION** and eating habits



6

**BE AWARE OF AND DISCUSS THE RISKS OF SUBSTANCE ABUSE** and create a safe environment for open discussions



7

**PRIORITISE RECOVERY** and allow adequate time for it



8

**REGULATE ELECTRONIC DEVICE USAGE** to ensure that enough time is devoted to physical activity



9

**INTEGRATE HYDRATION BREAKS** into the training schedule



# PRACTICAL ACTIONS



take Care  
Physical Activity

## FOR CHILDREN AND YOUNG PEOPLE

**1 SET GOALS** and design a year-round fitness programme with the help of your coach, even during the holidays



**2 EXPLORE VARIOUS SPORTS** and continue those that you enjoy the most, as you're more likely to stay active if you're doing something you like

**3 STAY ACTIVE ALL THE TIME** by taking the stairs whenever possible and cycling or walking to school or training or around town



**4 GET THE RIGHT GEAR** for your activities

**5 FIND INSPIRATION** by following your favourite athletes and letting their journeys motivate you



**6 FUEL YOUR BODY WITH NUTRITIOUS FOOD** to support your practice



**7 AVOID HARMFUL AND ADDICTIVE SUBSTANCES** like alcohol and tobacco that can negatively affect your performance and increase the risk of injury

**8 PRIORITISE RECOVERY** and maintain a good sleep schedule, and follow the advice of your coach and your parent or caregiver in this respect



**9 USE ELECTRONIC DEVICES WISELY** before and after practice, and avoid using them during practice

**10 MAKE SURE TO DRINK ENOUGH WATER** before, during and after practice

