

## HEALTH PACKAGE

in Physical Activity and

Nutrition for Children and their Families

Independent Online Studies with Practice, 1–2 weeks

**The Health Package offers knowledge and tools about nutrition and physical activity promoting the health and wellbeing of children and their families. This online course is aimed for professionals working with children in early and primary education. The Health Package includes a handbook in physical activity and a handbook in nutrition with different tasks and examples of good practices.**

### Physical Activity

Exercise and physical activity in childhood, advances comprehensive health and improves your quality of life in the future. A child has an intrinsic need to be physically active and the development of an active lifestyle begins already in early childhood. A physically active childhood also predicts an active adulthood.

### Nutrition

Eating habits and behaviours develop in early childhood and are often maintained until adulthood. This Health Package set includes methods for improving nutrition quality and dietary habits of children. This package includes also small tips for early childhood education and families how to improve and support healthy eating habits in everyday life.





## TARGET GROUP

The Health Package is intended for professionals working with children in early and primary education. The both courses of the Package will be carried out in 1–2 weeks independently by using online learning environment with tasks to be implemented in practice with children.

**FINLAND** is known for its excellent education system, pure and safe food and school catering services, as well as high quality of life, good governance and children's health and wellbeing.

**SEINÄJOKI** – South Ostrobothnia Region has 2 % of the total population in Finland, but it covers 13 % of the total food production in Finland. Seinäjoki region is also known as the "Food Province" of Finland. Expertise in food value chain provide premium quality food locally and globally.

"When moving, children get many kind of benefits, eg. experience of joy and success in exercise is realized, studying capability and learning of new things improves, interaction and teamwork abilities become trained and quality of life improves".

"One-third of world population are overweight, it is a global problem among children, too. By preventing overweight and obesity, we can also prevent many diseases like eg. type 2 diabetes or heart and vascular diseases".

## SeAMK INTRODUCTION

Seinäjoki University of Applied Sciences (SeAMK) is a multidisciplinary institution of higher education and an efficient actor in education and research, development and innovation in the region of South Ostrobothnia in West Finland.

The number of full-time students is around 4 700. SeAMK has 17 Bachelor and 11 Master degree programmes, and 16 double degree programmes.

SeAMK has international partner universities and networks in more than 50 countries. SeAMK has also expertise in offering tailor-made customized global education services.

## CONTACT INFORMATION

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**Seinäjoki**



**ETELÄ-POHJANMAAN LIITTO**  
REGIONAL COUNCIL OF SOUTH OSTROBOTHNIA

