

MANY KINDS OF EXERCISE, SUPER FUN!

will start at your school in the autumn of 2017.
There will be amusing things to do together,
many kinds of exercise and games to play
with old and new friends.



WHAT?

ARRANGED BY WHOM?

WHERE?

HOW CAN I JOIN?

WHEN?

FOR WHOM?

You will find details
for each school and club

www.lastenliikeiltapaiva.fi



FACTS FOR PARENTS



DID YOU KNOW

that a child needs at least two hours of good exercise every day?

An adequate amount of exercise has a great impact on a child's health and well-being. With exercise, a child learns the basic motor skills and stays healthy. **Exercise supports a child's normal growth and development.** Exercise strengthens a child's self-esteem and learning ability.



HIGH-QUALITY GUIDED ACTIVITY

The exercise clubs and hobby activities are directed by trained, qualified instructors. The instructors encourage the children to do many kinds of exercise and learn new skills. In guided exercise, children also get new stimulation and friends.

This activity is supported by Lasten Liike iltapäivät

The club and hobby activity arranged with support from Lasten Liike iltapäivät is easy exercise activity arranged in your child's school. Children participating in the activity **do not have to have special abilities or sports skills – all children are welcome.** The main thing is to offer children many interesting things to do and the joy and enthusiasm of sports and exercise.

In the background of the activity

The activity is enabled by local cooperation between schools and associations. The schools have the spaces and the instructors come from associations. In the background of Lasten Liike iltapäivät are also national sport associations, the Olympic committee and many Finnish enterprises. More details in our web pages.



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