



You need exercise!

Promoting children's physical activity

Partners



In the early years of a child's life the important basis for a lifelong culture of sports is established. Unfortunately, nowadays there are many children who show abnormalities of movement or overweight, which is a starting-point for the project. Time frame: 01.01.2010–31.01.2011

1. Networking

EU-level

Athens, Copenhagen, Innsbruck, Rotterdam, Stuttgart

Local level

Relevant actors in the cities: sports department, youth department, school department, health department, sports associations, etc.

2. Criteria

Analysis of existing programmes and institutions. Consideration of existing scientific criteria and development of practical strategies for cities i.e.:

- infrastructure
- city planning
- networks
- organisations
- knowledge
- etc.

3. Best practice

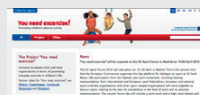
Best practice examples in European cities are identified, selected and presented. The database gives information about best practices for:

- kindergartens
- day care centres
- sports clubs
- schools
- youth clubs

4. Online database

Platform for European cities and institutions

- website launched in March 2010
- constant update following the project process
- open information access for all



5. Enriching the network

Getting more approved institutions involved where children can be reached, such as

- kindergartens
- day care centres
- sports clubs
- schools

The institutions have to fulfil the developed criteria

6. Congress

"Active Cities – Active Children"

- congress for cities promoting active lifestyle for children in Europe
- panel discussion
- workshops
- passing the guideline worked out during the project phase

The Guideline

- takes the EU Physical Activity Guidelines into account
- is the result of analysing and comparing the approaches in the partner cities (strategies, local networking, best practice examples, etc.)
- serves as a manual for cities and institutions who want to implement a healthy and active lifestyle for children

Keep on networking in order to...

- continue the established networks and the online database
- increase the network partners using the contacts of the European Capitals of Sport Association (ACES)



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