



# 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

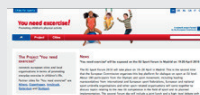
Best practice examples in European cities are identified, selected and presented. The database gives information about best practices for:

- 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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