

Physical Activity among Children and Adolescents in Finland - Recommendations & Research Results

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References and links

Physical Activity and Sedentary Behaviour Recommendations for Children and Adolescents

- Joy, play and doing together; Recommendations for physical activity in early childhood (2016) <http://urn.fi/URN:ISBN:978-952-263-413-9>
- Basic physical activity recommendations for school-aged children (2008) [http://www.ukkinstituutti.fi/filebank/1477-Fyysisen aktiivisuuden suositus kouluikaisille.pdf](http://www.ukkinstituutti.fi/filebank/1477-Fyysisen_aktiivisuuden_suositus_kouluikaisille.pdf)
- REDUCE sedentary time – GET HEALTHIER! National recommendations to reduce sedentary time (2015) <http://urn.fi/URN:ISBN:978-952-00-3740-6>

Physical activity during the school day and learning, 2018

- Research review of studies published in 1990-2016
- Finnish research report (43 pages, pdf, web) [http://www.oph.fi/julkaisut/2018/koulupaivan aikainen liikunta ja oppiminen](http://www.oph.fi/julkaisut/2018/koulupaivan_aikainen_liikunta_ja_oppiminen)
- FACTS. Express. Abstract published by the Finnish National Agency for Education & LIKES (6 pages, pdf & paper copy)(Coming soon in English and in Swedish, too!) FIN: [http://www.oph.fi/julkaisut/2018/koulupaivan aikainen liikunta ja oppiminen fe](http://www.oph.fi/julkaisut/2018/koulupaivan_aikainen_liikunta_ja_oppiminen_fe)

Finland's Report Card 2016 – Physical Activity for Children and Youth

- Is a research-based summary report on physical activity among Finnish children and adolescents and its promotion in various contexts. Produced by a working group of 20 specialists from 5 research institutions.
- Was prepared as part of the Active Healthy Kids Global Alliance including 38 countries (www.activehealthykids.org).
- Finland's Report Card 2016 – Physical activity for Children and Youth www.likes.fi/reportcard
- To be published again 2018.