

Active Mobility for a healthier and more equitable society

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ECF/WCA President
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and our children” session
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Kaohsiung
1-31 October
EcoMobility
World Festival
2017







Rain, rain, go away – or go play!



Fun !



https://www.parentmap.com/images/article/9074/mud-play-iStock_25944738_XLARGE_-sm.jpg

<https://i.pinimg.com/originals/f2/d3/58/f2d3580ba8e6474e43cebcf49d776b65.jpg>

THE MORE THEY **BURN** THE BETTER THEY **LEARN**



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

**Did you know that
kids who are
physically active
get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



SOURCES |

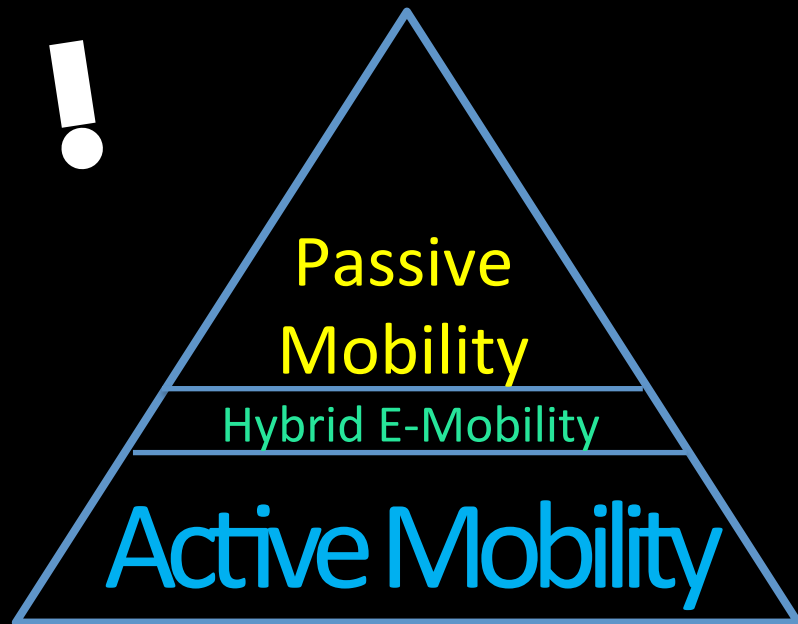
CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement.

CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DHHS; 2010.

FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/Burn2Learn



Fun !





No overprotection – take the risk!!!





No overprotection – take the risk!!!

children are a kind of indicator species ...

A photograph of a young child with blonde hair, wearing a bright yellow raincoat, blue pants, and black rubber boots with yellow soles. The child is captured mid-jump over a puddle on a grey asphalt surface. Below the child, the puddle shows a distinct splash in the shape of an open hand, with fingers spread. The background is a blurred view of a street and some greenery.

Freedom !

The freedom of our children is their and our future – in a healthy and inclusive society.

<https://i.pining.com/originals/f2/d3/58/f2d3580ba8e6474e43cebcf49d776b65.jpg>

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Thank You