

Bewegen is goed, meer bewegen is beter!

Jeugd



1 uur per dag matig of zwaar intensief bewegen



3x per week bot- en spierversterkende activiteiten



Voorkom veel zitten

Volwassenen en ouderen



Minimaal 150 minuten per week matig of zwaar intensief bewegen, verspreid over meerdere dagen



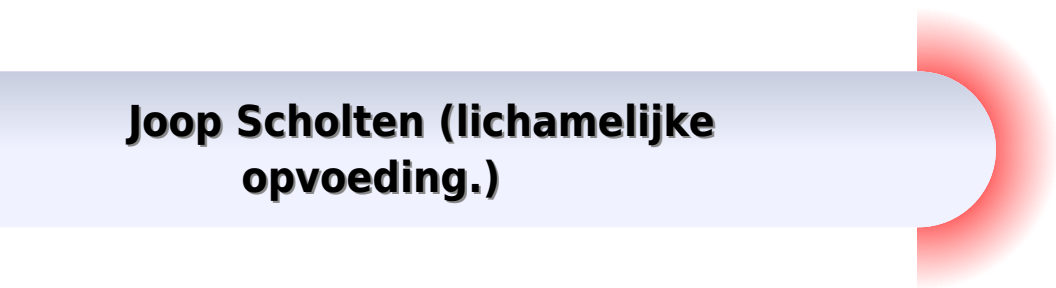
2 keer per week bot- en spierversterkende activiteiten. Voor ouderen in combinatie met balansoefeningen



Voorkom veel zitten

Beter Bewegen Fit Blijven Door Middel Van De Huishoudelijke Arbeid

**Joop Scholten (lichamelijke
opvoeding.)**



Beter Bewegen Fit Blijven Door Middel Van De Huishoudelijke Arbeid:

Beter bewegen Joop Scholten (lichamelijke opvoeding.),1967 *National Union Catalog* ,1968 Includes entries for
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