

MANAGING OUTDOOR ACTIVITIES DURING COVID PERIOD



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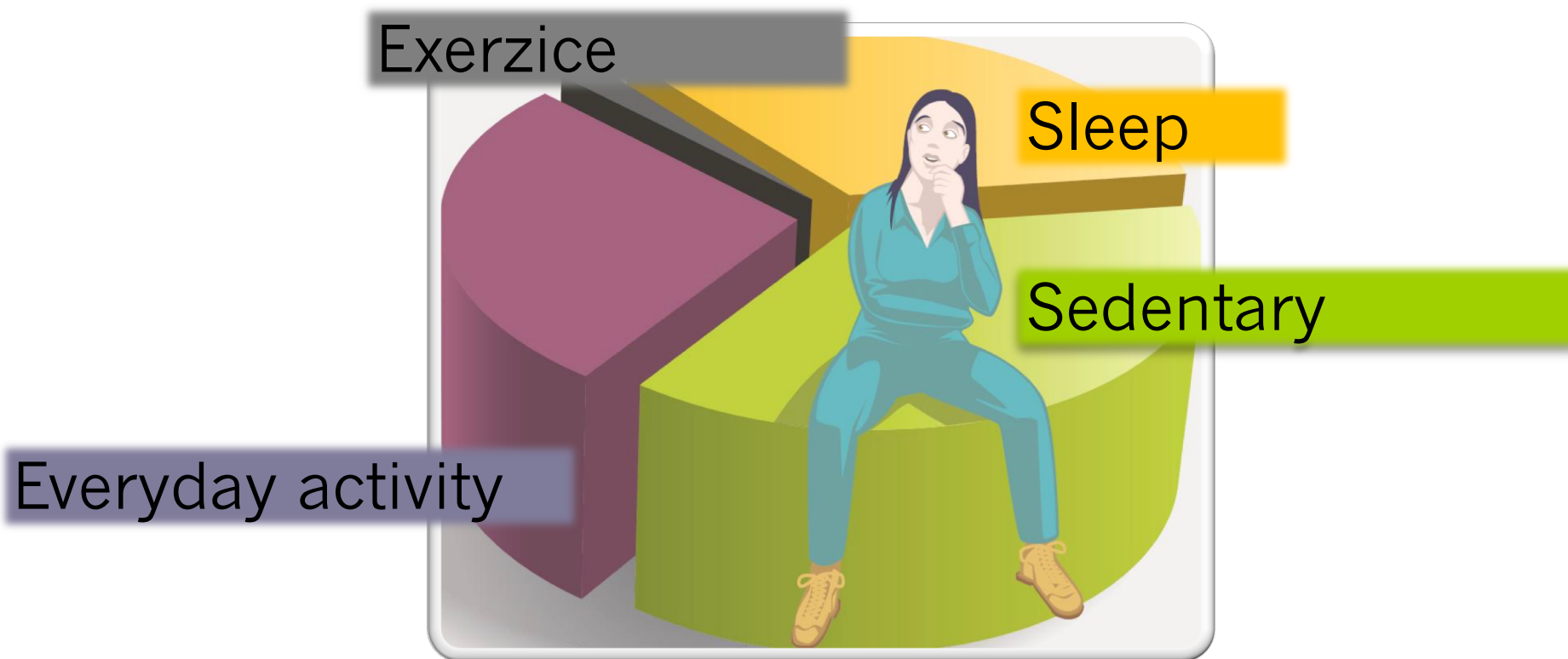
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OVERVIEW

- ❖ Physical activity in Sweden
- ❖ Current situation
- ❖ Consequences for individuals
- ❖ How can we make it easier for ourselves and others to adjust instead of canceling our physical activity?
- ❖ Outdoor physical activity
- ❖ Can we learn to appreciate outdoor environments more and what is needed for that to happen?



PHYSICAL ACTIVITY

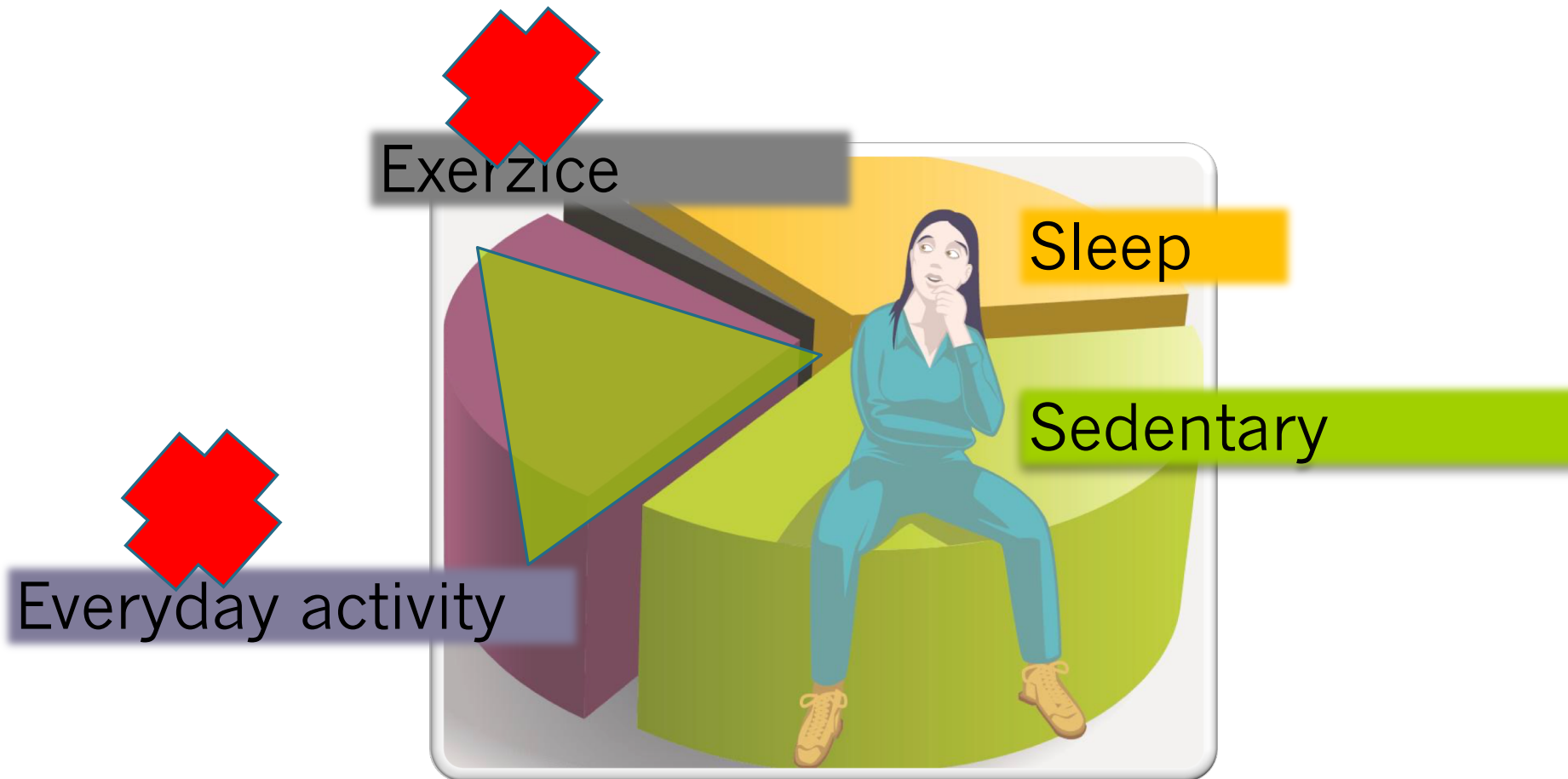


CURRENT SITUATION IN SWEDEN

National recommendations regarding covid-19

- ❖ Refrain from staying in indoor environments
- ❖ Refrain from participating in, for example, meetings, concerts, performances, sports training, matches and competitions. However, this does not apply to sports training for children and young people born in 2005 or later.
- ❖ If possible, avoid having physical contact with people other than those you live with.

CONSEQUENCES FOR INDIVIDUALS



OUTDOOR PHYSICAL ACTIVITY

FREE



CAN WE LEARN TO APPRECIATE OUTDOOR ENVIRONMENTS MORE AND WHAT IS NEEDED FOR THAT TO HAPPEN?



HOW CAN WE MAKE IT EASIER FOR OURSELVES AND OTHERS TO ADJUST INSTEAD OF CANCELING OUR PHYSICAL ACTIVITY?



1. KNOWLEDGE

How much and **what** is needed for a healthy life and to reduce the risk of lifestyle related diseases?



2. APPLICATION – FIND YOU OWN “WHY”

Why is it important for me to be physical active?

Increases the chances of finding alternatives or be more open for changing from indoor to outdoor activities.



3. FOLLOW-UPS

Follow-up has a very positive effect on compliance and therefore a key in the work with lifestyle changes. Someone that encourage you, a friend, family member or some one in the health care system.

