

Referenslista för insatsen *”Inför regelbundna rörelsepåuser under skoldagen”*

Skola – Fysisk aktivitet

1. Yan-Ping Li, Xiao-Qi Hu, Evert G. Schouten, Ai-Ling Liu, Song-Ming Du, Lin-Zhong Li, Zjao-Hui Cui, Dong Wang, Frans J Kok, Frank B Hu, Guan-Sheng Ma. (2010). Report on childhood obesity in China (8): effects and sustainability of physical activity intervention on body composition of Chinese youth. *Biomedical and Environmental Sciences* 23: 180-187.
2. Murtagh E, Mulvihill M, Markey O (2013) Bizzy Break! The effect of a classroom-based activity break on in-school physical activity levels of primary school children. *Pediatr Exerc Sci* 25: 300-307.
3. Whitt-Glover MC, Ham SA, Yancey AK (2011) Instant Recess(R): a practical tool for increasing physical activity during the school day. *Prog Community Health Partnersh* 5: 289-297.