

### **Baseline measurement**

Anthropometry, physiological measurements, blood samples, physical fitness test, questionnaires

**Intervention period: 4 years**

### **Intervention**

2-3 physical education lessons according to normal curricula.

- Weekly lifestyle-lessons given by regular teachers with four topics in a school-year.
- 4-6 trainings for the teachers to plan health activities in school.
- 2-3 trainings and 4 health-related newspapers with practical instructions for the parents.
- Health-related activities in schools (dance events, healthy breakfasts, cooking for children, soccer tournaments).

### **Controls**

2-3 physical education lessons according to normal curricula.

Additionally, normal school activities.

### **2nd to 5th measurements (end of every school year)**

Anthropometry, physiological measurements, blood samples, physical fitness test, questionnaires