

University of Groningen

## Physical Activity and Health in Dutch and Chinese Children

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## **Propositions in the thesis**

### **Physical Activity and Health in Dutch and Chinese Children**

1. Outdoor play is an important source of physical activity for preschoolers. (this thesis)
2. The role of the caregiver is critical for physical activity promotion in young children. (this thesis)
3. Convenient neighbourhood physical activity facilities are potentially beneficial for physical activity in preschoolers even in relatively rural areas. (this thesis)
4. More media exposure in the home is associated with more sedentary behaviours in preschoolers. (this thesis)
5. The local culture is important for a proper understanding of the determinants of physical activity patterns, such as school routine schedules. (this thesis)
6. Young children with a naturally low level of physical activity may not be at risk for developing overweight, unless their physical activity is really discouraged by the environment, or cultural restrictions. (this thesis)
7. It is important on the one hand to alleviate restrictions to fulfil an intrinsic urge of children to move, and on the other hand it may be important to stimulate them to be active by offering activities and sports. (this thesis)
8. Although environmental characteristics may vary by country and cultural context, the influence of contextual factors on physical activity may be rather homogeneous. (this thesis)
9. Hope is a good thing, maybe the best of things. (Stephen King)
10. To be entitled as a Dr. is like raising a child, to expect that everything needs to go fast in the beginning and finally to see that nothing is more important than to slow down and enjoy every moment of life. (the author)

Congchao Lu

Tianjin, 2020