

QUESTION OF THE WEEK, WEEK 20–21 (13–24.5.2026)

NUMBER OF RESPONDENTS: 319

The margin of error is 5 % and thereby the answers are considered to reflect the opinions of the population in Jakobstad.

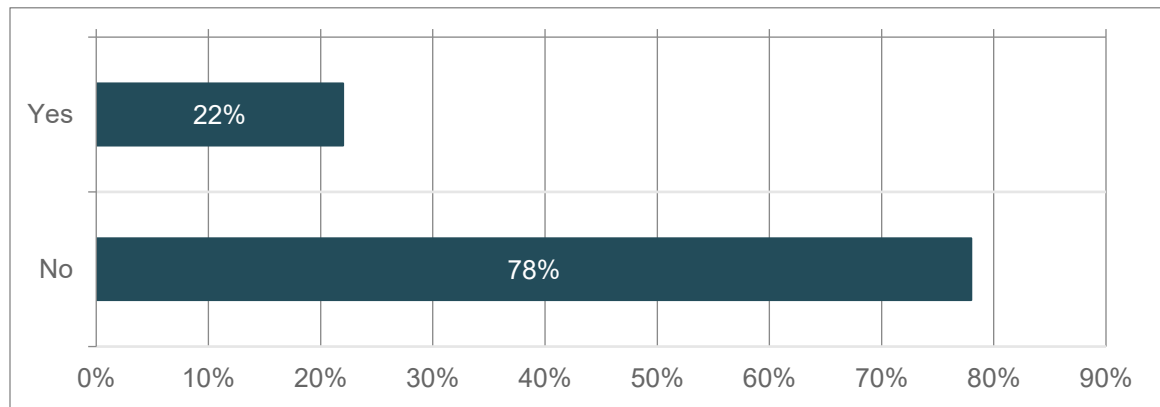
PHYSICAL ACTIVITY COUNSELLING

In the Question of the Week the residents were asked: *“Did you know that the Sports Agency in Jakobstad offers free physical activity counselling for the town’s residents? A Residents’ Forum on physical activity counselling will be held on Wednesday, May 20, 2026, from 16:00 to 17:00 at Jakobstad Library. You are welcome to participate to learn more about the concept.*

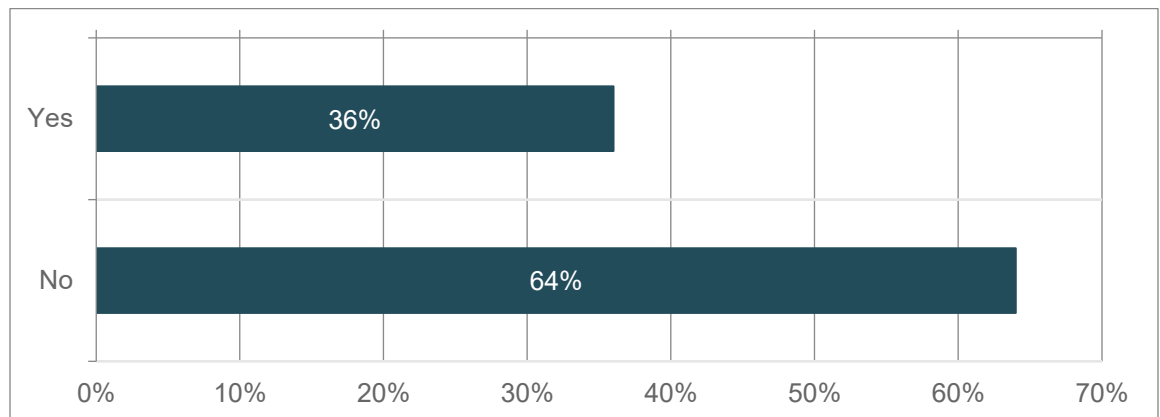
The physical activity counselling in Jakobstad is for all age groups/everyone. You are welcome to book a free appointment to receive support in getting started with a more active lifestyle.

More information and contact details can be found on the [town’s website](#) (in Swedish and Finnish)

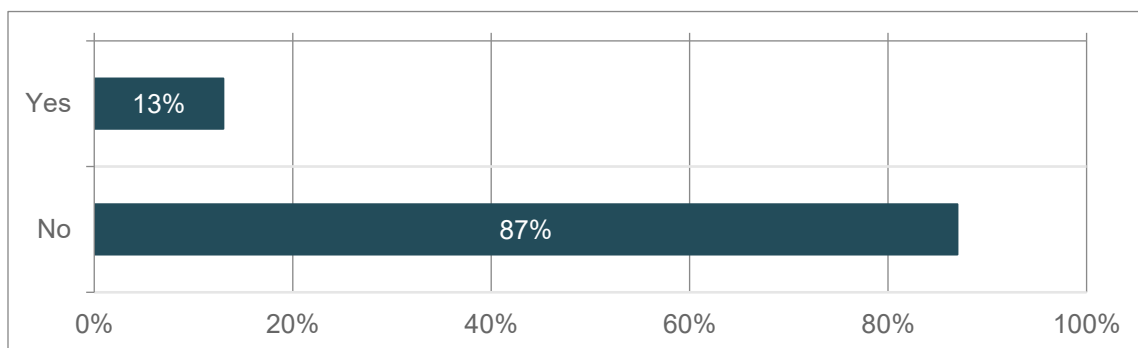
Are you familiar with [physical activity counselling](#)?”



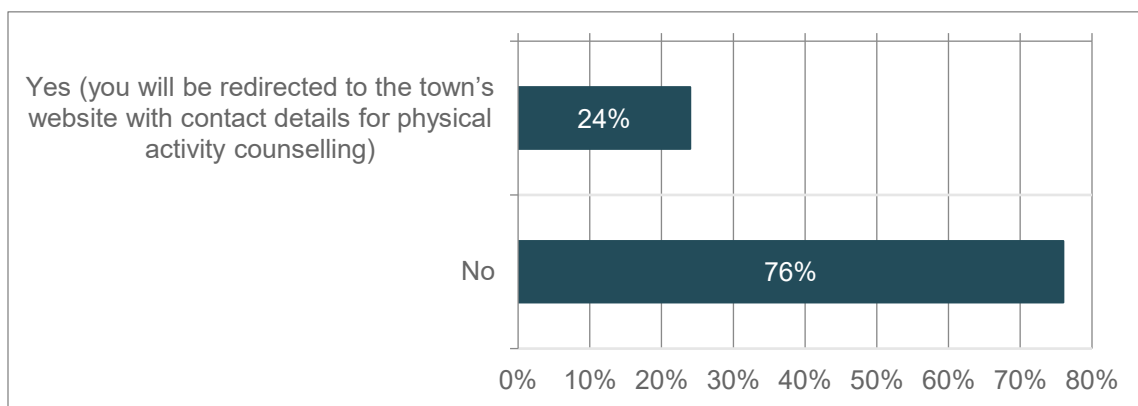
“Are you familiar with the Finnish [national physical activity recommendations](#) in Finland?”



“Will you join the resident forum on physical activity counselling on May 20 from 16:00 to 17:00 at the library?”



“Would you like support in finding routines to include more physical activity in your everyday life?”



NEXT STEP

We would like to thank everyone who has responded to the questions and taken the time to familiarize themselves with what physical activity counselling is. A resident forum was held on May 20, 2026, where these issues were discussed further.

The town's sports services hope that everyone values their own physical functional capacity; according to research, a physically active lifestyle also has a clear impact on, among other things, psychological resilience and overall well-being. Through the physical activity counselling service, all residents of Jakobstad have a good and free opportunity to receive support in getting started with and developing this process.

So do not hesitate to invest in your well-being; feel free to contact the town's physical activity counsellor Marja Eriksson and agree on a time for an initial meeting. Marja's phone number is: +358 44 785 1652, email: marja.eriksson@jakobstad.fi

More information:

Fredric Portin, Head of Sports and Welfare Services, tel. 044 785 1529, fredric.portin@jakobstad.fi