

# PHYSICAL ACTIVITY GUIDELINES



## Children and Adolescents - Ages 6 to 17:

Children and adolescents should do 60 minutes or more of physical activity daily. Offer your child variety and encourage activities that are age-appropriate and enjoyable.

**Aerobic activity** should make up most of your child's 60 minutes or more of physical activity each day. This can include moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity at least 3 days per week.

Include **muscle strengthening** activities, such as gymnastics or push-ups, at least 3 days per week as part of your children's 60 minutes or more of daily activity.

Include **bone strengthening** activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 minutes or more of daily activity.

## Adults - Ages 18 to 64:

Adults need to do two types of physical activity each week to improve health – **aerobic and muscle-strengthening**. Adults need at least:

2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, every week and muscle-strengthening activities on 2 or more days each week that work on all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

or

1 hour and 15 minutes of vigorous-intensity aerobic activity, such as jogging or running, every week and muscle-strengthening activities on 2 or more days a week that work on all major muscle groups

or

An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups

*Note: Adults are encouraged to increase their activity for even greater health benefits. Visit [www.hhs.gov](http://www.hhs.gov) (Centers for Disease Control and Prevention section) for more information.*

## Older Adults - Ages 65 and Over:

Exercise can prevent many health problems that seem to come with age. Older adults who are generally fit and have no limiting health conditions need at least:

2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, every week and muscle-strengthening activities on 2 or more days each week that work on all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

or

1 hour and 15 minutes of vigorous-intensity aerobic activity, such as jogging or running, every week and muscle-strengthening activities on 2 or more days a week that work on all major muscle groups

or

An equivalent mix of moderate- and vigorous- intensity aerobic activity and muscle- strengthening activities on 2 or more days a week that work all major muscle groups



### 10 minutes at a time is fine

2 hours and 30 minutes (or 150 minutes) each week sounds like a lot of time but you don't have to do it all at once. You can break it up into smaller chunks of time during the day, as long as you're doing your activity at a moderate or vigorous level for at least 10 minutes at a time. *Give it a try:* Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This adds up to a total of 150 minutes of moderate-intensity activity.