

# Active Children and Adolescents: Guidelines for an Active Lifestyle.

## Key Guidelines

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 minutes a day should be either moderate– or vigorous–intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- **Muscle-strengthening:** Children and adolescents should include muscle strengthening physical activity on at least 2 days of the week.
- **Bone-strengthening:** Children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.



Adolescents may meet these guidelines by doing free play such as Tag or structured exercise programs such as playing a team sport.

Adapted from the 2008 Physical Activity Guidelines for Americans article “Chapter 3: Active Adolescents and Children.” Created by AmeriCorps member Amy Houser



Type of Physical Activity	Children	Adolescents
Moderate-intensity aerobic	<ul style="list-style-type: none"> <li>• Active recreation, such as hiking, skateboarding, rollerblading</li> <li>• Bicycle riding</li> <li>• Brisk walking</li> </ul>	<ul style="list-style-type: none"> <li>• Active recreation such as canoeing, hiking, rollerblading etc.</li> <li>• Brisk walking</li> <li>• Bicycle riding</li> <li>• Housework and yard work</li> <li>• Games that require catching and throwing, such as baseball and softball</li> </ul>
Vigorous-Intensity aerobic	<ul style="list-style-type: none"> <li>• Active games involving running and chasing, such as tag</li> <li>• Bicycle riding</li> <li>• Jumping rope</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as soccer, swimming, tennis, or basketball</li> <li>• Cross-country skiing</li> </ul>	<ul style="list-style-type: none"> <li>• Active games involving running and chasing, such as flag football</li> <li>• Bicycle riding</li> <li>• Jumping rope</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as soccer, ice or field hockey, basketball, swimming, tennis</li> <li>• Vigorous dancing</li> <li>• Cross-country skiing</li> </ul>
Muscle-strengthening	<ul style="list-style-type: none"> <li>• Games such as tug-of-war</li> <li>• Modified push-ups (with knees on the floor)</li> <li>• Resistance exercises using body weight or resistance bands</li> <li>• Rope or tree climbing</li> <li>• Sit-ups or crunches</li> <li>• Swinging on playground equipment/bars</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug-of-war</li> <li>• Push-ups and pull-ups</li> <li>• Resistance exercises with exercise bands, weight machines, hand-held weights</li> <li>• Climbing wall</li> <li>• Sit-ups (curl-ups or crunches)</li> </ul>
Bone-strengthening	<ul style="list-style-type: none"> <li>• Games such as hopscotch</li> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports such as gymnastics, basketball, volleyball, tennis.</li> </ul>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports such as gymnastics, basketball, volleyball, tennis</li> </ul>