

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