

# Activity Guidelines for School-Age Children

Many will overlap, and free play usually meets all requirements.

## Recommendations

Kids and teens (6-17) should perform:

- ✓ 60 min./day of moderate to vigorous physical activity, mostly aerobic
- ✓ 3x/week muscle-strengthening activities
- ✓ 3x/week bone-strengthening activities

## Activities



**Aerobic:** Think running, biking, swimming or playing tag



**Muscle-strengthening:** Gymnastics, climbing trees or monkey bars, yoga



**Bone-strengthening:** Jump rope, hopscotch, tennis, basketball



## How to Help Kids Improve



- **Not meeting guidelines:** Gradually increase enjoyable physical activities.
- **Meeting guidelines:** Maintain and try to increase physical activity.
- **Exceeding guidelines:** Maintain activity level, but vary activities to reduce overtraining or injury.

## Benefits

- ✓ Better bone and heart health
- ✓ Healthier weight
- ✓ Reduced risk of depression

