



PHYSICAL ACTIVITY RECOMMENDATIONS

FOR DIFFERENT AGE GROUPS



PRESCHOOL-AGED CHILDREN (3-5 YEARS)

Physical activity **every day throughout the day**

Active play through a **variety** of enjoyable physical activities



CHILDREN AND ADOLESCENTS (6-17 YEARS)

60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily

A variety of enjoyable physical activities

As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

- **Vigorous activity** such as running or soccer
- Activity that **strengthens muscles** such as climbing or push ups
- Activity that **strengthens bones** such as gymnastics or jumping rope



ADULTS (AGES 18-64 YEARS)*

At least **150 minutes a week** of moderate intensity activity such as **brisk walking**

At least **2 days a week** of activities that **strengthen muscles**

**Aim for the recommended activity level but be as active as one is able*



OLDER ADULTS (65 YEARS AND OLDER)*

At least **150 minutes a week** of moderate intensity activity such as **brisk walking**

At least **2 days a week** of activities that **strengthen muscles**

Activities to **improve balance** such as standing on one foot

**Aim for the recommended activity level but be as active as one is able*