

1 **Active Children and Adolescents:**
2 **The Physical Activity Guidelines in Action**
3

4 *Muscles showing!*

5 *Our muscles are bigger than yours.*

6 *Yes, we feel big and strong.*

7 *Push away from the ground, push away from the ground.*

8 *Run. Or exercise that you do anything you feel like. Practice stuff. And it feels*
9 *really good to feel healthy.*

10 *It strengthens our legs. It keeps you alive longer.*

11 *It definitely keeps you in shape. It works your abs. Yeah you get abs like this.*

12 *In. Push. Good. Class is about an hour and a half long; at the end of class we're*
13 *all very exhausted and tired and we just had a great aerobic work out.*

14
15 **NARRATOR:** Youth who are physically active get physical and mental health
16 benefits. The federal guidelines for physical activity recommend that children and
17 adolescents get 60 minutes or more of physical activity every day.

18 Most of this activity should be aerobic, including vigorous- intensity activities like
19 running or playing soccer, and moderate intensity activities like brisk walking or
20 bike riding. Youth should also include muscle-strengthening and bone-
21 strengthening activities.

22 *Well, we walk Freckles, just play ball, we play with our friends, and sometimes go*
23 *on the trampoline, we play soccer a little in the yards, and toss balls.*

24
25 **NARRATOR:** Youth can accumulate the 60 minutes of physical activity
26 throughout the entire day and in a variety of ways. Let's take a look at how Abby
27 and Alex get their 60 minutes of daily physical activity. At school during recess,

28 Abby and Alex play on the playground and jump rope with their friends for 15
29 minutes. After school, they play soccer in the back yard for 15 minutes. They also
30 ride their bikes for 15 minutes, and after dinner, they walk their dog for 15
31 minutes. In total, Alex and Abby did 60 minutes of physical activity and they did
32 aerobic, muscle-strengthening, and bone-strengthening activities. Youth learn a lot
33 about physical activity from their families. Family members can help children be
34 active by building physical activity into the family's daily routine. This can help
35 everyone be active. Families can take a walk after dinner or do housework or yard
36 work together. They can walk or ride bikes to school or the bus stop instead of
37 riding in the car. Encouraging kids to find the fun in physical activity can keep
38 them engaged and interested, whether it's playing in the back yard or participating
39 in an after-school activity. Establishing good physical activity habits begins early.
40 During an after-school physical activity program, these kids are getting three types
41 of activity: aerobic; muscle strengthening; and bone strengthening.

42 *It's really just a game to them and I think that as long as you're keeping the*
43 *exercise program, whatever the program might be, as long as it's fun, it's going to*
44 *engage those kids. They're going to associate exercise with fun.*

45

46 **NARRATOR:** The gym is a great place to be active.

47 *Up like Superman. Good, there you go.*

48

49 **NARRATOR:** Whether it's down the street

50 *Spread it out, spread it out, spread it out, spread it out.*

51 *As you breathe in, and then breathe out.*

52

53 **NARRATOR:** or at school - either is a good place to get kids involved in physical
54 activity.

55 *The box jump themselves that's shock, that's definitely bone-strengthening.*

56

57 **NARRATOR:** In this school gym, children in physical education class learn that
58 Yoga is not just for adults.

59 *Are you ready? Ayyyyyyyy-iii! And then shake it up. And then curl your toes here.*

60

61 **NARRATOR:** They spend an hour stretching and strengthening their bodies *and*
62 their minds.

63 *Namaste, Namaste.*

64

65 **NARRATOR:** For older children and adolescents, the federal guidelines are the
66 same – 60 minutes a day – but the activities will be more complex and require
67 greater skill.

68 *I love to dance. It makes me feel energized and it's a lot of fun.*

69

70 **NARRATOR:** Team sports and organized activities are a great way to stay active.

71 *Use the muscles on the inner thigh to pull your legs together.*

72 *Everything we do in dance helps our muscles.*

73 *And then you use the muscles in your feet to push the floor. Good! One more time*
74 *for stamina!*

75 *When we do jumps it really helps our bones get stronger.*

76 *Keep going. Second, go! We gotta get that aerobics stuff going on.*

77 *Listen we're going to run, run, run, run. You ready? Go!*

78

79 **NARRATOR:** These soccer players are doing speed and agility activities to
80 improve their soccer skills. They are also getting a vigorous intensity aerobic
81 workout while they build muscle and strengthen bones.

82 *Come on, come on, come on.*

83 *On my high school team I swim the butterfly and breast stroke. I started swimming*
84 *when I was six, and from there I started to have a love for the sport. I'll definitely*
85 *swim for the rest of my life, it's a great way of fitness, I mean it works out your*
86 *whole body.*

87

88 **NARRATOR:** Helping youth engage in physical activities they can do throughout
89 their lives increases the chances that they will remain physically active as adults.
90 Swimming and running are physical activities for all stages of life. But, you don't
91 have to be on a team to get these benefits.

92 *We're out here running Bulldog Dash, it's 5k, or 3.1 miles. Good road race, good*
93 *for your health.*

94

95 **NARRATOR:** This community fun run draws a diverse crowd heading to the
96 finish line. There are many places for physical activity in the community, including
97 public parks, walking and biking trails, baseball fields, and basketball courts, as
98 well as your own home. Sixty minutes a day can sound like a lot, but when you see
99 all the different types of activities that children and adolescents can participate in
100 throughout their day, it can be easy and fun to build a lifetime of good physical
101 activity habits.

102 *We love to dance!*

103

104

105 Note: *Text in italics represents background chatter.*