

## Benefits

### Audio Descriptive Text

Title: Chapter 2. Physical Activity for Youth; Benefits. Active Child icon.

### Video Summary

- When youth take part in regular physical activity, it produces multiple benefits.
- Young people should participate in at least 60 minutes of physical activity daily.
- Physical activities should include a mix of aerobic, muscle-strengthening, and bone-strengthening activities to achieve full health benefits.

### Audio Script

When youth take part in regular physical activity, it produces multiple benefits, including:

- Building healthy bones and muscles.
- Decreasing the likelihood of obesity and disease risk factors, such as high blood pressure.
- Reducing anxiety and depression.
- Promoting positive mental health.
- Improving cognitive skills.
- Enhancing concentration.
- Encouraging better academic performance.

Based on guidelines issued by the U.S. Department of Health and Human Services, young people should participate in at least 60 minutes of physical activity daily. Each week, physical activities should include a mix of aerobic, muscle-strengthening, and bone-strengthening activities to achieve full health benefits.

Unfortunately, many young people are not physically active on a regular basis and fall short of these recommendations.