# Physiological Activity Recommendations

## Physical Activity Recommendations

### For Different Age Groups

<table>
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<th>Age Group</th>
<th>Physical Activity Recommendations</th>
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| 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 |