Key Guidelines for Youth

Youth (ages 6–17) should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic**: Most of the 60 or more minutes a day should be either moderate-or vigorous-intensity aerobic physical activity and at least 3 days a week should include vigorous-intensity physical activity.
- **Muscle-strengthening**: As part of their 60 or more minutes of daily physical activity, youth should include muscle-strengthening physical activity at least 3 days a week.
- **Bone-strengthening**: As part of their 60 or more minutes of daily physical activity, youth should include bone-strengthening physical activity at least 3 days a week.

It is important to encourage youth to participate in physical activities that are appropriate for their age and ability, that are enjoyable, and that offer variety.

<table>
<thead>
<tr>
<th>Type of Physical Activity</th>
<th>Examples of Activities for Youth</th>
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| Moderate-intensity aerobic* | - Active recreation, such as hiking, skateboarding, and rollerblading  
- Bicycle riding  
- Brisk walking  
- Dancing |
| Vigorous-intensity aerobic** | - Active games involving running and chasing, such as tag  
- Martial arts  
- Running  
- Sports such as soccer, swimming, and tennis |
| Muscle-strengthening | - Games such as tug-of-war  
- Push-ups or modified push-ups (with knees on floor)  
- Resistance exercises using body weight or resistance bands  
- Sit-ups (curl-ups or crunches)  
- Swinging on playground equipment/bars |
| Bone-strengthening | - Games such as hopscotch  
- Skipping  
- Jumping rope  
- Sports such as basketball and volleyball |

*Moderate-intensity activity: Allows you to talk but not sing.
**Vigorous-intensity aerobic: Allows you to say only a few words without catching your breath.

Note: Some activities can be classified as more than one type of activity.
Physical activity is critical for overall health.