60 Minutes or More a Day
Where Kids Live, Learn, and Play

Physical activity is critical for overall health.

Inform

Health Care

92% of youth saw a health care provider last year

Preschool

4.2 million youth attend center-based preschools

Community

24 minutes of physical activity are added for youth who walk to school

School

95% of youth are in school for 6-7 hours per day

Home

Youth are 65% more likely to join organized physical activities when encouraged by their parents

Build

Support

Integrate