

Physical Activity Guidelines for Americans: Youth Physical Activity Recommendations



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.

| Type of Physical Activity | Examples of Activities for Youth |
|------------------------------|--|
| Moderate-intensity aerobic* | <ul style="list-style-type: none"> • Active recreation, such as hiking, skateboarding, and rollerblading • Bicycle riding • Brisk walking • Dancing |
| Vigorous-intensity aerobic** | <ul style="list-style-type: none"> • Active games involving running and chasing, such as tag • Martial arts • Running • Sports such as soccer, swimming, and tennis |
| Muscle-strengthening | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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.

