Kids and teens ages 6 to 17 need 60 minutes of physical activity every day.

**Do what's fun for you.**

Get your 60 minutes of activity all at once — or split it up over the day. It's your choice!

- I have basketball practice for an hour after school.
- Kickball at recess, P.E., and a walk after dinner with my dog.
- I ride my bike to the park to play soccer with my friends.

Yep, they all add up!

**Lots of things count as physical activity.**

Try a mix of sports and other fun activities.

**Getting 60 minutes will make you feel good.**

- SUCH ENERGY!
- SO SELF-CONFIDENT!
- VERY RELAXED!
- AMAZING GRADES!*

*It’s true — physical activity can actually help you do better in school.