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

Get your heart beating faster!
Make your muscles and bones stronger!

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.

Walk. Run. Dance. Play. What’s your move?