

Activity Guidelines for School-Age Children

Many will overlap, and free play usually meets all requirements.

Recommendations

Kids and teens (6-17) should perform:

- ✓ 60 min./day of moderate to vigorous physical activity, mostly aerobic
- ✓ 3x/week muscle-strengthening activities
- ✓ 3x/week bone-strengthening activities

Activities



Aerobic: Think running, biking, swimming or playing tag



Muscle-strengthening: Gymnastics, climbing trees or monkey bars, yoga



Bone-strengthening: Jump rope, hopscotch, tennis, basketball



How to Help Kids Improve



- **Not meeting guidelines:** Gradually increase enjoyable physical activities.
- **Meeting guidelines:** Maintain and try to increase physical activity.
- **Exceeding guidelines:** Maintain activity level, but vary activities to reduce overtraining or injury.

Benefits

- ✓ Better bone and heart health
- ✓ Healthier weight
- ✓ Reduced risk of depression



Author: Jessie Fudge, M.D., FACSM