

How much physical activity do children need? <https://www.cdc.gov/physicalactivity/basics/children/index.htm>

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

This may sound like a lot, but don't worry! Your child may already be meeting the Physical Activity Guidelines for Americans. And, you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! Just make sure your child or adolescent is doing three types of physical activity:



Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.



Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.



Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

