Aerobic Activity

**ADULTS:**
- 150 minutes of moderate intensity activity per week
- Meet 150 with 30-60 minutes of moderate activity, 5 days per week
  - Walking briskly
  - Water aerobics
  - Gardening
- OR with 20-60 minutes of vigorous activity, 3 days per week
  - Swimming laps
  - Running
  - Bicycling

**CHILDREN:**
- Accumulate 60 minutes of moderate physical activity daily
  - Combination of moderate and vigorous activity
- Free or structured play

Strength Training

**ADULTS:**
- Train each major muscle group 2 or 3 days per week
- 2 to 4 sets of each exercise to improve strength and power
- 8-12 repetitions
- Light intensity is best for older adults and adults just starting exercise
- Example exercises:
  - Biceps curls
  - Leg press
  - Squats

**CHILDREN:**
- Incorporate strength training exercises into the recommended 60 minutes of daily activity
- Examples:
  - Climbing
  - Push-ups
  - Pull-ups

Flexibility

**ADULTS:**
- 2 or 3 days per week to improve range of motion
- Hold each stretch for 10-30 seconds
- Repeat each stretch 2 to 4 times
  - Accumulate 60 seconds per stretch
- Examples:
  - Sit and reach
  - Hamstring stretch
  - Shoulder stretch
  - Calf stretch

**CHILDREN:**
- Incorporate flexibility exercises into the recommended 60 minutes of daily activity
- Children are more flexible than adults, so practicing early increases the benefits gained from stretching
Family Activity Ideas

Substitute TV time for active time!

- Plan a family sports night
- Family bike ride
- Go for a walk through the local park
- Play charades
- Get the family together for hide and seek
- Use active gaming consoles like Wii Fit or Wii Fit
- Take a trip to the local pool for some sun and swimming

Physical Activity Guidelines for Children & Adults

What are the benefits to physical activity?

- Strengthen your bones and muscles
- Improve your mental health and mood
- Increase your energy
- Improve your immune system
- Control your weight
- Reduce your risk of cardiovascular disease, type 2 diabetes, and metabolic syndrome
- Reduce your risk of some cancers
- Improve team building skills when exercising in groups

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