



What is physical activity?

Physical activity can be defined as any movement of the body that requires energy expenditure.

This includes any motion you do through the day excluding sitting still or lying down.



PHYSICAL ACTIVITY RECOMMENDATIONS FOR DIFFERENT AGE GROUPS



PRESCHOOL-AGED CHILDREN (3-5 YEARS)

Physical activity **everyday throughout the day.**

Active play through a **variety** of enjoyable physical activities.



CHILDREN AND ADOLESCENTS (6-17 YEARS)

60 mins or more of moderate-to-vigorous intensity activity daily.

A **variety** of enjoyable physical activities.

As part of the 60 minutes, on at least **3 days** a week, children and adolescents need:

- **Vigorous activity** such as running or soccer.
- Activity that **strengthens muscles** such as climbing or push ups.
- Activity that **strengthens bones** such as gymnastics or jumping rope.



ADULTS (AGES 18-64 YEARS)*

At least **150 minutes a week** of moderate intensity activity such as **brisk walking.**

At least **2 days a week** of activities that **strengthen muscles.**

*Aim for the recommended activity level but be as active as one is able.



OLDER ADULTS (65 YEARS & OLDER)*

At least **150 minutes a week** of moderate intensity activity such as **brisk walking.**

At least **2 days a week** of activities that **strengthen muscles.**

*Aim for the recommended activity level but be as active as one is able.

The Big 150

The CDC and American Heart Association both recommend at least 150 minutes a week of moderate intensity and including strength training at least 2 days a week for adults.

What exactly does that look like?

- 30 minute walk – 5 days a week
- 20 minute walk – 7 days a week
- 30 minute bike ride - 5 days a week
- 30 minutes Pickleball - 5 days a week
- 20 minutes swimming – 7 days a week
- 30 minutes of running – 5 days a week



Mix it up! If you cannot move for 30 minutes at a time, break it up into 10 minute increments! Three 10 minute walks a day on your lunch break or after dinner adds up!



This Graphic shows how mixing it up your activity each day can easily add up to 150+ minutes a week! Adding in some yoga or weight lifting each day helps to keep your muscles and bones strong too!