

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

Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children

Type of Physical Activity	Age Group: Children
Moderate–intensity aerobic <i>Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day.</i>	<ul style="list-style-type: none"> • Active recreation, such as hiking, skateboarding, rollerblading • Bicycle riding • Brisk walking
Vigorous–intensity aerobic <i>Include vigorous-intensity aerobic activity on at least 3 days per week.</i>	<ul style="list-style-type: none"> • Active games involving running and chasing, such as tag • Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Cross-country skiing
Muscle-Strengthening <i>Include at least 3 days per week as part of your child's 60 or more minutes.</i>	<ul style="list-style-type: none"> • Games such as tug-of-war • Modified push-ups (with knees on the floor) • Resistance exercises using body weight or resistance bands • Rope or tree climbing • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars
Bone-Strengthening <i>Include at least 3 days per week as part of your child's 60 or more minutes.</i>	<ul style="list-style-type: none"> • Games such as hopscotch • Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis

Note: Some activities, such as bicycling, can be moderate or vigorous intensity, depending upon level of effort.

Remember—for the Shape Up SF Walking Challenge, 20 minutes of moderate-vigorous physical activity counts as 1 mile, so be active your way and have fun!

Go to www.ShapeUpSFWalkingChallenge.org to start logging your “miles”!

Adapted from <http://www.health.gov/PAGuidelines/guidelines/chapter3.aspx>

