



**Exercise for Children: Ages 6 years – 17 years  
(Adapted from the Centers for Disease Control and Prevention)**

The U.S. Department of Health and Human Services recommends that children receive at least 1 hour (60 minutes) of physical activity every day. Engaging in the appropriate amount of activity helps to maintain optimal health and prevent obesity, which can later lead to problems such as heart disease, diabetes, and stroke. Vary your child’s exercise to include activities that the whole family can enjoy together and pick exercises that your child thinks is fun to do.

	<b>Children (ages 6-11)</b>	<b>Adolescents (ages 12-17)</b>
<b>Aerobic: Moderate intensity</b>	<ul style="list-style-type: none"> <li>• Active recreation such as hiking, skateboarding, rollerblading</li> <li>• Bicycle riding</li> <li>• Walking to school</li> </ul>	<ul style="list-style-type: none"> <li>• Active recreation, such as canoeing, hiking, cross-country skiing, skateboarding, rollerblading</li> <li>• Brisk walking</li> <li>• Bicycle riding (stationary or road bike)</li> <li>• House and yard work such as sweeping or pushing a lawn mower</li> <li>• Playing games that require catching and throwing, such as baseball, softball, basketball and volleyball</li> </ul>
<b>Aerobic: Vigorous intensity (at least 3 days per week)</b>	<ul style="list-style-type: none"> <li>• Active games involving running and chasing, such as tag</li> <li>• Bicycle riding</li> <li>• Jumping rope</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as ice or field hockey, basketball, swimming, tennis or gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Active games involving running and chasing, such as flag football, soccer</li> <li>• Bicycle riding</li> <li>• Jumping rope</li> <li>• Martial arts such as karate</li> <li>• Running</li> <li>• Sports such as tennis, ice or field hockey, basketball, swimming</li> <li>• Vigorous dancing</li> <li>• Aerobics</li> <li>• Cheerleading or gymnastics</li> </ul>
<b>Muscle- strengthening (at least 3 days per week)</b>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Modified push-ups (with knees on the floor)</li> <li>• Resistance exercises using body weight or resistance bands</li> <li>• Rope or tree climbing</li> <li>• Sit-ups</li> <li>• Swinging on playground equipment/bars</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Push-ups</li> <li>• Resistance exercises with exercise bands, weight machines, hand-held weights</li> <li>• Rock climbing</li> <li>• Sit-ups</li> <li>• Cheerleading or Gymnastics</li> </ul>
<b>Bone- strengthening (at least 3 days per week)</b>	<ul style="list-style-type: none"> <li>• Games such as hop-scotch</li> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports such as gymnastics, basketball, volleyball, tennis</li> </ul>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports such as gymnastics, basketball, volleyball, tennis</li> </ul>