

Center of Disease Control recommends that children and adolescents ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily!

## List of Physical Activities

- Body Weight Workouts
- Resistance Training Workouts
- Weight Training Workouts
- Walking
- Jogging
- Running
- Biking
- Rollerblading
- Skateboarding
- Yoga
- Pilates
- Hiking
- Sports Games/Practices/Recreation
- Swimming
- Dancing
- Jump Rope

**Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.

**Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.

**Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.