

MOVING TO THRIVE

Types of Physical Activity

Regular physical activity promotes a healthy body weight and body composition. Children and adolescents can meet the Physical Activity Guidelines and become regularly physically active in many ways.

Physical activity is any movement of the body that raises one's heart rate above a resting heart rate. Activities can be structured (planned) or unstructured (free-play).



Aerobic physical activities involve moving large muscle groups. Moderate and vigorous aerobic activities make a person's heart, lungs, and muscles work noticeably harder.

Moderate activities include hiking, skateboarding, rollerblading, bicycling, and brisk walking.

Vigorous activities include running and chasing, such as playing tag; bicycling; jumping rope; martial arts such as karate; running; sports such as soccer, ice or field hockey; basketball; swimming; tennis; cross-country skiing.

Muscle-strengthening physical activities include climbing and swinging on playground equipment; rope or tree climbing; doing sit-ups and push-ups; games such as tug-of-war; and resistance training. Resistance exercises use body weight or resistance bands.

Bone-strengthening physical activities create an impact on bones. These activities can include jumping rope, hopping, skipping, and running, and certain sports, such as gymnastics, basketball, volleyball, and tennis.

Being active promotes **emotional well-being, a better attitude, and physical health**. It also provides an extra energy boost during the day!

Move More, But How Much?

The National Association for Sport and Physical Education has developed the following physical activity recommendations for children and adolescents:



- Infants under 12 months of age should engage each day in structured and unstructured physical activities that are devoted to exploring movement and developing motor skills.
- Toddlers ages 12 to 36 months should engage for at least 30 minutes per day in structured physical activities and for at least 60 minutes (and up to several hours) per day in unstructured physical activities.
- Preschoolers ages 3 to 5 years should engage for at least 60 minutes per day in structured physical activities and for at least 60 minutes (and up to several hours) per day in unstructured physical activities.
- Children and adolescents ages 6 to 17 years should engage in 1 hour of physical activity per day.
 - Most of the 1 hour should be moderate- or vigorous-intensity aerobic physical activities.
 - Muscle-strengthening physical activities should be included at least 3 days per week.
 - Bone-strengthening physical activities should be included at least 3 days per week.

It's important to encourage young people to try a variety of physical activities. Help them find activities that they enjoy and that are age appropriate.

Parents can be role models for active lifestyles and provide children with opportunities for increased physical activity.