



Physical Activity Guidelines

The Physical Activity Guidelines for Americans (2018) provide recommendations for people of all ages to improve their health. Some benefits of physical activity include improved bone health and weight status for children ages 3 through 5 years, improved cognitive function for youth ages 6 to 16 years, reduced risk of cancer, and improved brain health.

Age	Recommendations
 3 to 5 years	• Preschool-aged children should be physically active throughout the day to enhance growth and development. • Adult caregivers of preschool-aged children should encourage active play that include a variety of activity types.
 6 to 17 years	• It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety. • Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily. • Aerobic: Most of the 60 or more minutes per day should be either moderate- and/or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. • Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week. • Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

Age	Recommendations
 18 to 64 years	• Adults should move more and sit less throughout the day. Some physical activity is better than none. • Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. • For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. • Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week. • Adults should also include muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
 65 years and older	• The guidelines for adults also apply to older adults. • As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities. • Older adults should determine their level of effort for physical activity relative to their level of fitness. • Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. • When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.