How Much Physical Activity Should I Do?

Youth ages 6 to 17 years should do at least 60 minutes of physical activity every day.

- Most of this physical activity should be either moderate\(^1\) or vigorous\(^2\).
- Do aerobic\(^3\) activity at least 10 minutes at a time throughout the week.
- Mix different types of activity for a total of 60 minutes. Do these 3 or more days each week:
  - Activities that make muscles in arms, legs, chest, back, and shoulders strong
  - Vigorous aerobic activity to help your heart, breathing, and fitness
  - Activities with weights to help your bone health
- Youth should avoid being inactive longer than 120 minutes.

\(^1\)Moderate intensity activity: breathing is harder and faster than normal, but you can still talk while you exercise.

\(^2\)Vigorous intensity activity: breathing is hard enough that you cannot talk while you exercise.

\(^3\)Aerobic means "with oxygen." Exercises like walking, running, biking, swimming, rope jumping and dancing (see pictures below).