

Physical Activity Guidelines

The U.S. Department of Health and Human Services recommends the following minimum physical activity levels to improve the nation's health.

For preschool-age children

- Physical activity throughout the day to enhance growth and development
- Three hours per day of activity of all intensities



For school-age children and adolescents

- Sixty minutes or more of physical activity (for example, running) daily
- Muscle- and bone-strengthening exercises such as push-ups at least three days per week



For adults

- All adults should avoid inactivity; some physical activity is better than none.
- At least 150 minutes per week of moderate-intensity activity such as a brisk walk or 75 minutes per week of vigorous-intensity activity such as running
- Moderate- or high-intensity muscle-strengthening activities two or more days per week



For specific populations

- Older adults, those who are pregnant, and/or those with chronic health conditions and disabilities should consult their physicians and follow modified guidelines.
- Cancer survivors should consult their physicians and follow modified guidelines adapted for their specific cancers and treatment.

