

PHYSICAL ACTIVITY GUIDELINES

About 80 percent of U.S. adults and adolescents are insufficiently active. The U.S. Department of Health and Human Services recommends the following minimum physical activity levels to improve the nation's health (96).

For preschool-age children (ages 3–5)

Physical activity throughout the day to enhance growth and development.



Adult caregivers should encourage active play that includes a variety of activities.

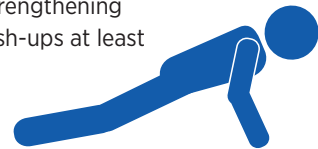


For school-age children and adolescents

Sixty minutes or more of physical activity such as 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.

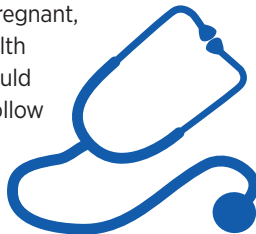


Moderate- or high-intensity muscle-strengthening activities two or more days per week.

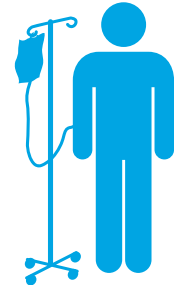


For specific populations

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 treatments.



Adapted from (1)