

Physical activity

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Regular physical activity is important for maintaining good health. Encouraging your child to participate in physical activities can help them stay active. At least 60 minutes of moderate-to-vigorous physical activity per day is recommended for teens. Including:

- Aerobic activity: walking, running, or anything that makes the heartbeat faster at least three days a week
- Muscle-strengthening: climbing, doing push-ups, etc. at least three days a week
- Bone-strengthening: jumping, running, etc. at least three days a week

Additional resources

[Fitness Tips](#)

[5-2-1-0 Let's Go!](#)

[Physical Activity Checker Tool](#)

See examples of exercises on the next page:



Riley Children's Health
Indiana University Health

rileychildrens.org

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Type of physical activity	Pre-school aged children	School-aged children	Adolescents
Moderate intensity aerobic	<ul style="list-style-type: none"> Games such as follow the leader 	<ul style="list-style-type: none"> Brisk walking 	<ul style="list-style-type: none"> Brisk walking
	<ul style="list-style-type: none"> Playing on a playground 	<ul style="list-style-type: none"> Bicycle riding 	<ul style="list-style-type: none"> Bicycle riding
	<ul style="list-style-type: none"> Tricycle or bicycle riding 	<ul style="list-style-type: none"> Active recreation such as hiking, riding a scooter without a motor, swimming 	<ul style="list-style-type: none"> Active recreation such as kayaking, hiking, swimming
	<ul style="list-style-type: none"> Walking, running, skipping, jumping, dancing 	<ul style="list-style-type: none"> Playing games that require catching and throwing, such as baseball and softball 	<ul style="list-style-type: none"> Playing games that require catching and throwing, such as baseball and softball
	<ul style="list-style-type: none"> Swimming 		<ul style="list-style-type: none"> House and yard work, such as sweeping or pushing a lawn mower
	<ul style="list-style-type: none"> Playing games that require catching, throwing, kicking 		<ul style="list-style-type: none"> Some video games that include continuous movement
	<ul style="list-style-type: none"> Gymnastics or tumbling 		
Vigorous intensity aerobic	<ul style="list-style-type: none"> Games such as tag or follow the leader 	<ul style="list-style-type: none"> Running 	<ul style="list-style-type: none"> Running
	<ul style="list-style-type: none"> Playing on a playground 	<ul style="list-style-type: none"> Bicycle riding 	<ul style="list-style-type: none"> Bicycle riding
	<ul style="list-style-type: none"> Tricycle or bicycle riding 	<ul style="list-style-type: none"> Active games involving running and chasing, such as tag or flag football 	<ul style="list-style-type: none"> Active games involving running and chasing, such as tag or flag football
	<ul style="list-style-type: none"> Walking, running, skipping, jumping, dancing 	<ul style="list-style-type: none"> Jumping rope 	<ul style="list-style-type: none"> Jumping rope
	<ul style="list-style-type: none"> Swimming 	<ul style="list-style-type: none"> Cross-country skiing 	<ul style="list-style-type: none"> Cross-country skiing
	<ul style="list-style-type: none"> Playing games that require catching, throwing, kicking 	<ul style="list-style-type: none"> Sports such as soccer, basketball, swimming, tennis 	<ul style="list-style-type: none"> Sports such as soccer, basketball, swimming, tennis
	<ul style="list-style-type: none"> Gymnastics or tumbling 	<ul style="list-style-type: none"> Martial arts 	<ul style="list-style-type: none"> Martial arts
		<ul style="list-style-type: none"> Vigorous dancing 	<ul style="list-style-type: none"> Vigorous dancing

