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Physical Activity

The American Academy of Pediatrics recommends that infants, children, teens, and children with special needs have time for physical activity each day. Here's how much they need:

- Infants need at least 30 minutes of “tummy time” and other interactive play spread throughout each day.
- Kids aged 3-5 need at least 3 hours of physical activity per day, or about 15 minutes every hour they are awake.
- Kids 6 years and older need 60 minutes of moderate to vigorous physical activity on most days of the week.

Benefits of Physical Activity

Most children don't move enough. Just 25% of children get a healthy amount of physical activity. Many parents are not active, either. That's why it's so important to make time for moderate to vigorous activity on most days. Here are just some of the benefits:

- Helps prevent obesity, heart disease, and diabetes
- Helps students focus in school
- Improves sleep
- Strengthens the heart and lungs
- Builds strong bones and muscles
- Reduces stress
- Teaches teamwork and sportsmanship
- Boost's self-esteem
- Improves an overall sense of well-being



Luckily, there are lots of ways kids can stay active.
Here are a few ideas:



Physical Activities by Age

Infants	Toddlers	Preschoolers	Elementary students	Middle schoolers	Teenagers
Tummy time while awake.	Neighborhood walks or free play outside.	Tumbling, throwing, & catching.	Free play and organized sports focused on fun.	Activities that encourage socialization. Avoid specializing in one sport.	Activities that encourage socialization and competition, when appropriate.
30+ minutes throughout day.	3+ hours throughout day.	3+ hours a day, including 1 hour of moderate to vigorous activity.	60+ minutes of activity most days. Muscle/bone strengthening activities 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.

There are lots of ways **kids** can stay active.

To learn more about Physical Activity, visit:

- How much physical activity do children need? – Physical Activity Centers for Disease Control and Prevention.
<https://www.cdc.gov/physicalactivity/basics/children/>
- Healthy Messages for Families – Action for Healthy Kids.
<https://www.actionforhealthykids.org/activity/healthy-messages-for-families/>
- Energy Out: Daily Physical Activity Recommendations –
<https://www.healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx>
- Preschool Aged Children
<https://snaped.fns.usda.gov/library/materials/physical-activity-toolkit-preschool-aged-children>

