MOVE YOUR WAY

PARENTS

Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy.

But did you know it can help them feel better right away?

Better sleep

Better mood

Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.

At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity.**

Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, try talking:

- ✓ If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity
At least 3 days a week

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity
At least 3 days a week

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

My kids are younger than 6. What about them?

Younger kids love to be active naturally!

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they're just sitting around (like screen time)

What counts?

Whatever gets them moving!

Encourage active play with friends

Give them rewards for active chores

Sign them up for free or low-cost classes

Or get active together!

Make your morning walks a race

Dance while dinner's in the oven

Show them your favorite ways to move

Most of all, help them find activities they really like to do!

It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life.
So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day.
health.gov/MoveYourWay/Get-Kids-Active