

US DEPARTMENT OF HEALTH & HUMAN SERVICES 2018 PHYSICAL ACTIVITY GUIDELINES:

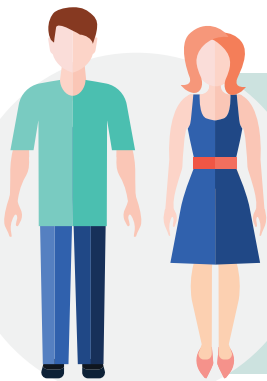


PRESCHOOL-AGED CHILDREN (3-5)

Be physically active throughout the day to enhance growth and development. Examples include: playing, running, chasing, etc.

CHILDREN AND ADOLESCENTS (6-17)

Perform 60 minutes or more of moderate-to-vigorous physical activity daily. Examples include: running, cycling, vigorous sports practice, dancing, etc.



ADULTS

At least 150 - 300 minutes a week of moderate-intensity, or 75 - 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Plus, muscle-strengthening activities on 2 or more days a week. Examples include: brisk walking, running, cycling, cross trainer machines, and strengthening exercises with weights, resistance bands, or machines.

OLDER ADULTS

Do multi-component physical activity that includes balance training as well as aerobic and muscle-strengthening activities. Examples include: power-walking, swimming, tai chi, yoga, etc.



PREGNANT AND POSTPARTUM WOMEN

Perform at least 150 minutes of moderate-intensity aerobic activity a week. Examples include: swimming, power-walking, cross trainer machines, or whatever OB/GYN approved cardiovascular exercise you were consistently performing before pregnancy.

**Do not start or significantly increase your level of physical activity without checking with your health care provider first.*