

The Physical Activity Guidelines for Americans (2018) provide recommendations for people of all ages on how to improve their health and well-being. Some benefits of physical activity include improved bone health and weight status for children ages 3 through 5 years, improved cognitive function for youth ages 6 to 13 years, reduced risk of cancer for those adults who are 18 to 65 years, and improved brain health for adults who are over 65 years old.

Age 3-5 years

Preschool-aged children should be physically active throughout the day to enhance growth and development. Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

Age 6-17 years

It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety. Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

Age 18-64 years

Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity. Adults can do an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the

week. Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week. Adults should also include muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week as these activities provide additional health benefits.

Age 65+ years

The guidelines for adults also apply to older adults.

As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training and aerobic and muscle-strengthening activities. Older adults should determine their level of effort for physical activity relative to their level of fitness. Older adults with chronic conditions should understand whether and how their conditions could affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.



Reference

Olson, R., Piercy, K., Troiano, R., Ballard, R., Fulton, J., Galuska, D., & Pfohl, S. (2018). Physical activity guidelines for Americans (2nd ed.). U.S. Department of Health and Human Services.