



One Hour or More of Physical Activity Every Day



One hour of moderate physical activity means doing activities where you breathe hard, like fast walking, hiking, or dancing.

Did You Know?

- One hour of physical activity can be broken down into shorter blocks of time during the day.
- Physical activity builds muscle and bone strength and improves physical health. It boosts self-esteem, a sense of well-being, readiness to learn, and can help children and adolescents handle stress.
- Most children don't move enough. Only 1 in 4 children get one hour or more of physical activity. It is very important to make time for physical activity on most days.
- Children and adolescents with special health care issues also need physical activity based on their ability and health status. Physical activity goals can be set in an Individual Education Program (IEP).
- Active adults can inspire children to be active too.

Make Physical Activity Fun

- Track movement by using a pedometer or fitness tracker.
- Choose toys and games like balls, hula hoops, jump ropes, etc.
- Do physical activities with friends or family.

Physical Activity Can be Free

- Take a walk with your family, go to a public park or playground.
- Dance to your favorite music.
- Take the stairs, help with household chores – vacuum or sweep.
- Walk instead of drive whenever you can. If you have to drive park the car at the far the parking lot.
- Rake leaves, shovel snow, make snow angels.

TIP

Pick an activity that is fun so you're more likely to do it.