

Physical activity guidelines



Population	Type of activity	Activity frequency	Activity duration (minimum)
Children 3 to 5	Active play (variety of activities)	Daily	Unlimited throughout the day
Children 6 to 17	Aerobic	Daily	60 minutes per day; aerobic activity should make up most of the 60 minutes
	Muscle-strengthening	3 or more days per week	
	Bone-strengthening	3 or more days per week	
Adults	Moderate intensity aerobic	Spread throughout the week	150 to 300 minutes per week
	Muscle-strengthening; involving all major muscle groups	2 or more days per week	
Older adults	A combination of:	Spread throughout the week	150 minutes per week
	Balance training, aerobic activity, muscle-strengthening and bone-strengthening		
	Intensity should be determined by individual level of fitness		

The information provided in this table is based on recommendations from U.S. Department of Health and Human Services Physical Activity Guidelines for Americans, 2nd edition. Please note that individual recommendations may vary depending on health status, life events (e.g., pregnancy), and health conditions.

Physical activity examples

- **Balance training:** tai chi, yoga, pilates, using a stability ball or balance board
- **Aerobic activities:** brisk walking, jogging, dancing, swimming, tennis, cycling, ice skating
- **Bone-strengthening activities:** jumping jacks, jumping rope, lifting weights, skipping, running
- **Muscle-strengthening activities:** lifting weights, hiking, climbing stairs, working with resistance bands, body weight exercises (pushups, squats)