

Physical

Activity Guidelines



The publication *2008 Physical Activity Guidelines for Americans* from the U.S. Department of Health and Human Services (HHS) provides information and guidance on the types and amounts of physical activity that can result in substantial health benefits. The main idea behind the guidelines is that

regular physical activity promotes long-term health benefits. Unfortunately, many American children and youth do not regularly engage in health-producing physical activity and little progress has been made to increase their activity levels.

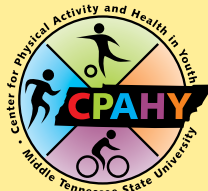
Physical Activity and Healthy Weight

Regular physical activity produces healthy body weight and body composition. Research indicates that excessive weight in youth can be reduced by performing moderate to vigorous physical activity for 60 minutes on a daily basis.

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Promoting Healthy
Lifestyles in Youth

In partnership with USDHHS
www.health.gov/paguidelines

Additional Resources

Federal

Office of the Surgeon General,
Healthy Youth for a Healthy Future, HHS
www.surgeongeneral.gov/obesityprevention/index.html

CDC Division of Adolescent
and School Health (DASH), HHS
www.cdc.gov/HealthyYouth/about/index.htm

CDC DASH Plan to Address Physical Activity, HHS
www.cdc.gov/healthyyouth/physicalactivity/pdf/Addressing_Phys_Activity.pdf

OWH Powerful Bones. Powerful Girls,™ HHS
www.girlshealth.gov/bones

SmallStep Kids, HHS
www.smallstep.gov/kids/flash/index.html

NIH Ways to Enhance Children's
Activity and Nutrition (We Can!), HHS
www.nhlbi.nih.gov/health/public/heart/obesity/wecan

Eat Smart. Play Hard.™ USDA
www.fns.usda.gov/eatsmartplayhard

CDC Body and Mind—Healthy Kidzone
www.BAM.gov/

State

Get Fit TN
www.getfitTN.com

America on the Move
www.americaonthemove.org

Girls on the Run
<http://gotrmashville.org/>

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Be Active,

Healthy, and Happy!

Physical Activity Guidelines for Youth

Are there Specific Physical Activity Guidelines for children and adolescents?

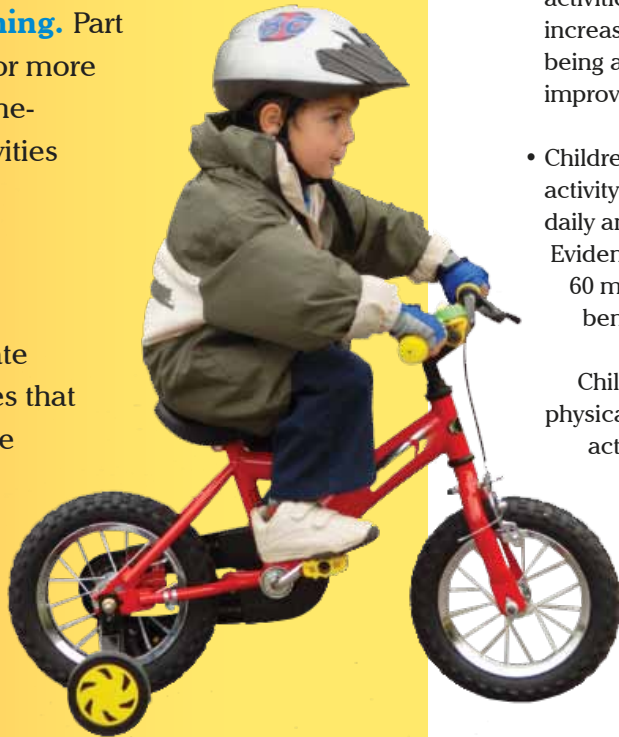
Children and adolescents should perform at least 60 minutes of daily physical activity including the following:

Aerobic. Most of the 60 minutes or more should focus on moderate- or vigorous-intensity aerobic activities. Vigorous-intensity activities should be performed at least 3 days a week.

Muscle-strengthening. Part of the 60 minutes or more should include muscle-strengthening activities performed at least 3 days a week.

Bone-strengthening. Part of the 60 minutes or more should include bone-strengthening activities performed at least 3 days a week.

Encourage young people to participate in physical activities that are age-appropriate and enjoyable.



Meet the Physical Activity Guidelines in many ways!

- Children and adolescents who **don't meet** the physical activity guidelines should engage in activities that are fun and enjoyable. A gradual increase in the number of days and time spent being active will help reduce the risk of injury and improve overall health.
- Children and adolescents who **meet** the physical activity guidelines should continue being active daily and, if appropriate, become even more active. Evidence suggests that being active for more than 60 minutes each day may yield additional health benefits.

Children and adolescents who **exceed** the physical activity guidelines should maintain their activity level and vary the kinds of activities they perform to maintain interest and reduce the risk of injury.

Note: Some activities, such as bicycling and running, can be moderate or vigorous, depending upon the level of effort.

Aerobic, moderate intensity

- Active recreation such as hiking, skateboarding, and rollerblading
- Bicycle riding
- Brisk walking

Aerobic, vigorous intensity

- Active games involving running and chasing, such as tag
- Bicycle riding
- Jumping rope
- Martial arts
- Running
- Soccer, ice or field hockey, basketball, swimming, and tennis

Muscle-strengthening

- Tug-of-war games
- Push-ups or modified push-ups
- Resistance exercises using body weight or resistance bands
- Rope or tree climbing
- Sit-ups
- Swinging on playground equipment

Bone-strengthening

- Hopscotch games
- Hopping, skipping, jumping
- Running
- Sports such as gymnastics, basketball, volleyball, and tennis