



Get Moving!

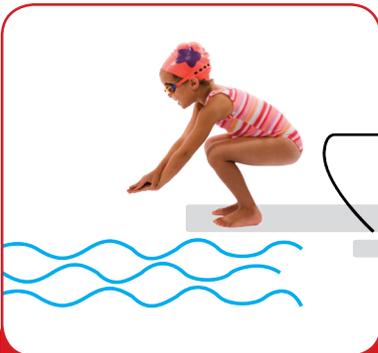
Fun Activity Ideas for Children and Adolescents

For more information on how you can get active and stay active, visit the [HPW Active Living Web page](#).

Physical activity is one of the most important ways to improve your health.¹ For most health outcomes, additional benefits occur as the amount of physical activity increases in intensity, frequency, or duration.¹ This fact sheet provides examples of fun ways for all ages to incorporate the recommended amount of aerobic physical activity each week. In addition to weekly aerobic activity, muscle strengthening physical activities should also be performed that use the body's muscles to work against an external force, often weights or other resistance.¹ And remember, some activity is always better than none!

Key Guidelines

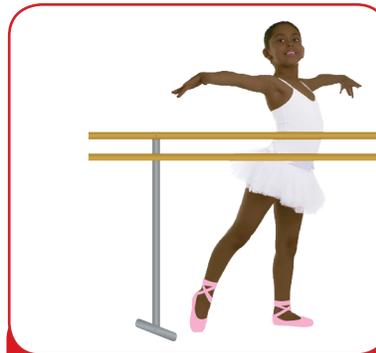
Children and adolescents ages 6 to 17 should get at least 60 minutes of physical activity every day.¹ On at least three days each week, children should incorporate muscle strengthening exercise as part of their 60 minutes of activity. Children and adolescents are also recommended to perform bone strengthening exercises, weight-bearing activity that promotes bone growth and strength, on at least three days during the week.¹ Variety is key to keeping children engaged and active. Perform any combination of the suggested aerobic activities below to complete the recommended 60 minutes of daily activity.



Swimming



Playing on the Playground



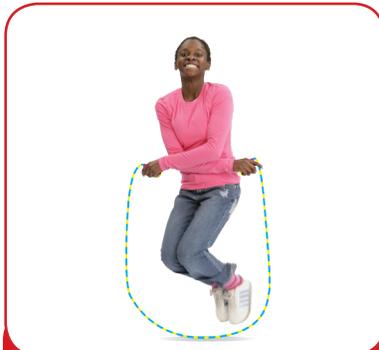
Ballet



Skateboarding



Rollerblading



Jumping Rope



Playing Frisbee



Riding a Bike



Gymnastics



Playing Sports



Hopscotch



Playing Guitar or Drums

References

1 U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed February 2015.
2 Centers for Disease Control and Prevention. General Physical Activities Defined by Level of Intensity. http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf. Accessed February 2015.



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