

PHYSICAL ACTIVITY FOR KIDS AGED 5-17!

For kids, being active daily has many benefits:

- Improved fitness
- Maintaining a healthy weight
- Reduced risk of disease
- Increased self-esteem
- Reduced stress & anxiety
- Improved concentration
- Healthy growth & development
- Improved coordination skills
- Time to spend with friends & family
- Improved social skills
- Learning teamwork & cooperative skills



The recommendations:

- **≥ 1 hour/day:** Moderate to vigorous physical activity. This can be broken up into shorter bouts of exercise throughout the day.
- **3 times/week:** Activities that strengthen muscle and bone should be included as part of the 1 hour of daily activity.
- **Every day:** Include several hours of light activity.

Limit use of screens for entertainment to no more than 2 hours per day and break up long periods of sitting

Examples of activities

Moderate to Vigorous	Muscle & Bone Strengthening	Light
<ul style="list-style-type: none">• Soccer• Oz-tag• Dodgeball• Basketball• Netball• Bike riding• Swimming• Dancing	<ul style="list-style-type: none">• Climbing• Running• Push-ups• Sit-ups• Weight training• Yoga• Gymnastics• Tug of war	<ul style="list-style-type: none">• Playing with pets• Vacuuming• Unpacking groceries• Playing handball• Gardening• Washing dishes• Cooking