Physical Activity
Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?

Be Active
Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.

Go Play
Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about 3 hours per day of a variety of activities (light, moderate and vigorous).

Fit in 60+
School-age kids and teens (ages 6-17) should try to get at least 60 minutes per day of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.

Learn & Grow
Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.

Live Healthy
Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.

Sit less and move more.
Learn more at heart.org/movemore.