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.

**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.

**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.

**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.