

Today!

Resources

Be Active... Your Way!

What do these terms mean?

Here are a few terms that are important for physical activity and health.

Physical activity:

Any bodily movement that enhances health.

Aerobic activity:

Activity in which people move their large muscles in a rhythmic manner for a sustained period of time.

Muscle-strengthening activity:

Activity in which people overload their muscles than they are usually accustomed to doing.

Bone-strengthening activity:

Activity in which a force is produce (impact with the ground) on a bone which promotes growth and strength.

Moderate-intensity:

A person should feel some exertion (increased breathing, increased heart rate, and light sweating), but should be able to carry on a conversation comfortably during the activity. "I can talk while I do the activity, but I cannot sing."

Vigorous-intensity:

A person should feel a substantial challenge (out of breath, significant increases in heart rate, and heavy sweating) to get through the activity. "I can only say a few words without stopping to catch my breath."

Physical Activity Guidelines for Americans

www.health.gov/paguidelines

Centers for Disease Control and Prevention

www.cdc.gov/physicalactivity

Healthier US

www.healthierUS.gov

Small Step

www.smallstep.gov

The President's Council on Physical Fitness and Sports

www.fitness.gov

National Center on Physical Activity and Disability

www.ncpad.org

Action for Healthy Kids

www.actionforhealthykids.org

Alliance for a Healthier Generation

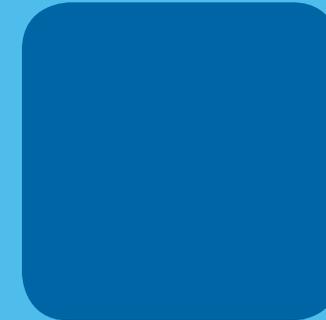
www.healthiergeneration.org

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Children &
Adolescents



**Nutrition & Activity
FOR HEALTH**
PREVENTION WORKS

Be Active - 60 Minutes a Day!

Why?

Regular physical activity in children and adolescents provides substantial health and fitness benefits. Choose activities that are age appropriate, enjoyable, and offer variety. An active lifestyle learned at an early age enhances the likelihood for a healthy adulthood. It is important to help lay a foundation for life-long, health-promoting physical activity.

What are the health benefits?

- Improves endurance, muscular strength, balance, and flexibility
- Builds healthy muscles, bones, and joints
- Decreases risk factors for chronic conditions such as heart disease, hypertension and diabetes
- Helps control weight
- Can reduce the symptoms of stress, depression, and anxiety



What are the guidelines?

For substantial health benefits, children and adolescents should do a combination of aerobic, muscle-strengthening, and bone-strengthening activities at least 60 minutes or more daily.

Aerobic Activity:

Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity activity at least 3 days a week.

Muscle-Strengthening:

As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities on at least 3 days a week.

Bone-Strengthening:

As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening activities on at least 3 days a week.

Physical Activity Examples

Here are just a few examples of activities that can be both fun and challenging. Remember offer a variety of activities that are age appropriate and enjoyable.

Type of Activity	Age Group	
	Children	Adolescents
Aerobic - Moderate Intensity	<ul style="list-style-type: none"> • Hiking • Rollerblading • Bicycle riding • Brisk walking 	<ul style="list-style-type: none"> • Canoeing • Yard work • Baseball • Softball
Aerobic - Vigorous Intensity	<ul style="list-style-type: none"> • Tag • Bicycle riding • Jumping rope • Martial arts • Tennis • Field hockey 	<ul style="list-style-type: none"> • Flag football • Running • Soccer • Dancing • Swimming • Martial arts
Muscle-Strengthening	<ul style="list-style-type: none"> • Tug-of-war • Tree climbing • Rope climbing • Sit-ups • Push-ups • Resistance exercise 	<ul style="list-style-type: none"> • Tug-of-war • Pull-ups • Push-ups • Sit-ups • Weights • Resistance exercise
Bone-Strengthening	<ul style="list-style-type: none"> • Hopscotch • Jumping • Running • Tennis • Gymnastics 	<ul style="list-style-type: none"> • Skipping • Running • Volleyball • Basketball • Jumping Rope