

Family Activity Planner

- Playing in a park
- Walking on a path
- Walking a pet
- Tennis
- Baseball
- Football
- Soccer
- Racquetball
- Basketball
- Hockey
- Dancing
- Swimming
- Running
- Hopping
- Jumping rope
- Biking
- Hiking
- Jogging
- Fund-raising walks/runs
- Kayaking or canoeing
- Working in the yard
- House chores
- Washing the car
- Bathing the dog
- Shoveling snow
- Skiing
- Snow shoeing
- Ice skating
- Camping
- Photography tour (walking to take photos)

- Aerobic class
- Yoga

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily. Here are three types of exercise:

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. Moving large muscles like running, biking or swimming are examples.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week. These activities make muscles do more work. Climbing is a great example.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week. These activities usually involve landing on the ground like running, jumping, etc.

Source: Physical Activity Guidelines for Americans (health.gov)