



# Are You Getting Enough?

**Exercise can help you feel better right now!**

Better Sleep — Better Mood — Better Grades

## How much do you need?

Kids and teens need at least 60 minutes of physical activity every day!

Most of your activity can be **moderate-intensity aerobic activity**. This is anything that gets your heart beating faster.

At least 3 days a week, step it up to **vigorous-intensity aerobic activity**.

## Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, try talking:

If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**

If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

## Bone-strengthening activity

Do these at least 3 days a week.

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

## Muscle-strengthening activity

Do these at least 3 days a week.

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

## What Counts?

Whatever gets you moving!

Walking, skateboarding, basketball, taking the stairs, Frisbee in the park, sports, kayaking, biking, weightlifting, dancing, climbing and playing are all great ways to get started.



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