

# Physical Activity Recommendations

Aerobic, Bone- and Muscle-Strengthening Physical Activity for Children & Adolescents  
(from the Physical Activity Guidelines for Americans 2018)

Type of Physical Activity	Preschool-Aged Children	School-Aged Children	Adolescents
<b>Moderate– intensity aerobic</b>	<ul style="list-style-type: none"> <li>• Games such as tag or follow the leader</li> <li>• Playing on a playground</li> <li>• Tricycle or bicycle riding</li> <li>• Walking, running, skipping, jumping, dancing</li> <li>• Swimming</li> <li>• Playing games that require catching, throwing, and kicking</li> <li>• Gymnastics or tumbling</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Bicycle riding</li> <li>• Active recreation, such as hiking, riding a scooter without a motor, swimming</li> <li>• Playing games that require catching and throwing, such as baseball and softball</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Bicycle riding</li> <li>• Active recreation, such as kayaking, hiking, swimming</li> <li>• Playing games that require catching and throwing, such as baseball and softball</li> <li>• House and yard work, such as sweeping or pushing a lawn mower</li> <li>• Some video games that include continuous movement</li> </ul>
<b>Vigorous– intensity aerobic</b>	<ul style="list-style-type: none"> <li>• Games such as tag or follow the leader</li> <li>• Playing on a playground</li> <li>• Tricycle or bicycle riding</li> <li>• Walking, running, skipping, jumping, dancing</li> <li>• Swimming</li> <li>• Playing games that require catching, throwing, and kicking</li> <li>• Gymnastics or tumbling</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Bicycle riding</li> <li>• Active games involving running and chasing, such as tag or flag football</li> <li>• Jumping rope</li> <li>• Cross-country skiing</li> <li>• Sports such as soccer, basketball, swimming, tennis</li> <li>• Martial arts</li> <li>• Vigorous dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Bicycle riding</li> <li>• Active games involving running and chasing, such as flag football</li> <li>• Jumping rope</li> <li>• Cross-country skiing</li> <li>• Sports such as soccer, basketball, swimming, tennis</li> <li>• Martial arts</li> <li>• Vigorous dancing</li> </ul>



**JOHNS HOPKINS**  
MEDICINE

JOHNS HOPKINS  
ALL CHILDREN'S HOSPITAL



<b>Aerobic Activity Frequency &amp; Duration</b>	<i>At least 3 hours per day at all intensities (also includes bone- and muscle-strengthening). Should be active throughout the day</i>	<i>60 minutes or more per day; vigorous intensity at least 3 days/week</i>	<i>60 minutes or more per day; vigorous intensity at least 3 days/week</i>
<b>Muscle strengthening</b>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Climbing on playground equipment</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Resistance exercises using body weight or resistance bands</li> <li>• Rope or tree climbing</li> <li>• Climbing on playground equipment</li> <li>• Some forms of yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Resistance exercises using body weight, resistance bands, weight machines, hand-held weights</li> <li>• Some forms of yoga</li> </ul>
<b>Muscle- Strengthening Frequency</b>		<i>Part of 60 minutes at least 3 days/week</i>	<i>Part of 60 minutes at least 3 days/week</i>
<b>Bone strengthening</b>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports that involve jumping or rapid change in direction</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports that involve jumping or rapid change in direction</li> </ul>
<b>Bone- Strengthening Frequency</b>		<i>Part of 60 minutes at least 3 days/week</i>	<i>Part of 60 minutes at least 3 days/week</i>