



American Heart Association.  
Healthy for Good™

# 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](http://heart.org/movemore).