



### How Much Exercise Is Enough?

Parents need to ensure that their kids get enough exercise. So, how much is enough? All kids 2 years and older should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week.

The National Association for Sport and Physical Education (NASPE) offers expanded activity guidelines for infants, toddlers and preschoolers:

Age	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1½ hours	30 minutes planned physical activity <b>AND</b> 60 minutes unstructured physical activity (free play)
Preschooler	2 hours	60 minutes planned physical activity <b>AND</b> 60 minutes unstructured physical activity (free play)
School age	1 hour or more	Break up into bouts of 15 minutes or more

Aerobic  
Moderate Intensity  
for Children

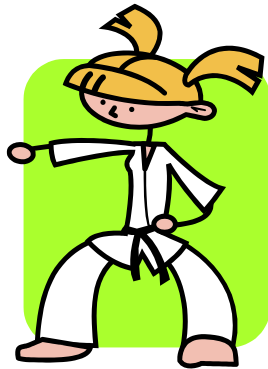


Active recreation such as hiking,  
skateboarding, rollerblading

Bicycle riding

Walking to school

Aerobic  
Vigorous Intensity  
for Children



Active games involving running and chasing,  
such as tag

Bicycle riding

Jumping rope

Martial arts, such as karate

Running

Sports such as ice or field hockey,  
basketball, swimming, tennis or gymnastics

Muscle Training for Children



Games such as tug of war

Modified push-ups (with knees on the floor)

Rope or tree climbing

Sit-ups

Swinging on playground equipment/bars

Gymnastics

Running

Bone Strengthening for Children



Games such as hop-scotch

Hopping, skipping, jumping rope

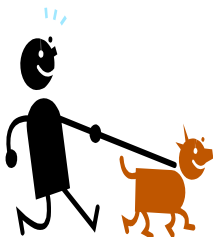
Sports such as gymnastics, basketball, volleyball

## Activities children can do at home



### Outdoor activities:

- Bagging leaves
- Brushing the dog
- Digging in the sand
- Gardening
- Mowing
- Painting
- Riding a bike
- Raking leaves
- Vacuuming the car
- Walking the dog
- Washing the car
- Weeding in the garden
- Watering plants



## Indoor activities:



Cleaning

Cleaning their room

Cooking

Dancing

Dusting

Folding clothes

Making beds

Picking up toys

Playing hide and seek

Playing with the cat

Sweeping

Vacuuming

Washing dishes

