

How much exercise kids need

Being inactive isn't good for children's health. Kids can have health problems related to being inactive, such as:

- Sleep problems
- Type 2 diabetes
- Excess weight
- High blood cholesterol

HOW MUCH EXERCISE IS ENOUGH?

Preschool children should be active throughout the day. School aged children should get at least one hour of moderate to intense activity every day.

Some exercise is better than none. If your child isn't active now, start with a few minutes of exercise each day. Gradually increase the time and intensity of their exercise as they get more fit.

WHAT IS 'MODERATE TO INTENSE ACTIVITY' FOR CHILDREN?

When your child is doing moderate to intense activity, their heartbeat will speed up. They will breathe much harder than normal.

This type of activity can be walking or biking at a brisk pace. It can also be more intense, like jumping on a trampoline or swimming. Whatever your child likes to do, encourage them to do it every day!

KNOW THE TYPES OF EXERCISE

Exercise doesn't have to be the same thing all the time. Try to encourage your child to do all three types throughout each week:

Aerobic exercise

Anything that speeds up your child's heart rate. It can include:

- Brisk walking
- Bike riding
- Swimming
- Running
- Dancing
- Playing games that require running and throwing

Muscle-strengthening exercise

These exercises build up muscles, which is important for lifelong fitness. Examples include:

- Climbing
- Push-ups
- Lunges
- Yoga
- Resistance bands
- Hand-held weights

Bone-strengthening

This puts pressure on bones. Pressure from exercise helps the bones rebuild and stay strong. Exercises include:

- Jumping
- Running
- Skipping
- Sports that require running and stopping, like basketball or soccer

Source: Centers for Disease Control and Prevention

