

# The Importance of Physical Activity

## Why is it important to be active every day?



## How much physical activity do I need to do?

- Those between ages 6 - 17 need at least 60 minutes of activity every day.

## What kind of physical activity should I do?

- Engage in different types of activities to:

### Strengthen your bones!



### Build your muscles!



### Increase your heart rate!



## Is it hard to find the time?

You can split up your 60 minutes of physical activity throughout the day. Make it a daily family activity!



## Children's Orthopaedic Center Sports Medicine Program

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