

# GET MOVING...

## PHYSICAL ACTIVITY RECOMMENDATIONS FOR DIFFERENT AGE GROUPS



### PRESCHOOL-AGED CHILDREN (3-5 YEARS)

Physical activity **every day**  
**throughout the day**

**Active play** through a  
**variety** of enjoyable  
physical activities



### CHILDREN AND ADOLESCENTS (6-17 YEARS)

**60 mins (1 hour)** or more of  
moderate-to-vigorous intensity  
physical activity daily

**A variety** of enjoyable physical  
activities

**As part of the 60 minutes, on at  
least 3 days a week, children and  
adolescents need:**

- **Vigorous activity** such as running  
or soccer
- Activity that **strengthens muscles**  
such as climbing or push ups
- Activity that **strengthens  
bones** such as gymnastics  
or jumping rope



### ADULTS (AGES 18-64 YEARS)\*

At least **150 minutes a week**  
of moderate intensity activity  
such as **brisk walking**

At least **2 days a week** of  
activities that **strengthen  
muscles**

\*Aim for the recommended activity level but be as  
active as one is able



### OLDER ADULTS (65 YEARS AND OLDER)\*

At least **150 minutes a week**  
of moderate intensity activity  
such as **brisk walking**

At least **2 days a  
week** of activities that  
**strengthen muscles**

Activities to **improve balance**  
such as standing on one foot

\*Aim for the recommended activity level but be as  
active as one is able

## ...AND IMPROVE YOUR IMMUNITY

### Tips to Support your Immune System



#### MAINTAIN A BALANCED DIET

Lean protein,  
healthy carbs  
and omega-3  
fatty acids



#### WASH YOUR HANDS

Wash with soap  
for 40 seconds\*.  
Make sure to get  
to palms, backs  
of hands, under  
fingernails  
and wrists.



#### GET ADEQUATE REST

Aim for ~7 hours  
per night to allow  
your body  
to recover from  
stress and exercise



#### EXERCISE

Daily moderate  
activity (30 min/day)  
can help boost your  
immune system



#### HYDRATE

Drink 4 to 6  
cups of  
water daily