

# Activity Recommendations

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## Activity Recommendations (Normal Weight): 0-12 Months

- Infants should interact with caregivers in daily physical activities that are dedicated to exploring movement and the environment.
- Caregivers should place infants in settings that encourage and stimulate movement experiences and active play for short periods of time several times a day.
- Infants' physical activity should promote skill development in movement.
- Infants should be placed in an environment that meets or exceeds recommended safety standards for performing large-muscle activities.
- Those in charge of infants' well-being are responsible for understanding the importance of physical activity and should promote movement skills by providing opportunities for structured and unstructured physical activity.

## Activity Recommendations (Normal Weight): 12-36 Months

- Toddlers should engage in a total of at least 30 minutes of structured physical activity each day.
- Toddlers should engage in at least 60 minutes (and up to several hours) per day of unstructured physical activity and should not be sedentary for more than 60 minutes at a time, except when sleeping.
- Toddlers should be given ample opportunities to develop movement skills that will serve as the building blocks for future motor skillfulness and physical activity.
- Toddlers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.
- Those in charge of toddlers' well-being are responsible for understanding the importance of physical activity and promoting movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.

### Active Play

- Walking in the neighborhood
- Unorganized free play outdoors
- Walking through a park or zoo

## Activity Recommendations (Normal Weight): 3-5 Years

- Preschoolers should accumulate at least 60 minutes of structured physical activity each day.
- Preschoolers should engage in at least 60 minutes (and up to several hours) of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping.
- Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.
- Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.
- Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of physical activity and for promoting movement skills by providing opportunities for structured and unstructured physical activity.

### Active Play

- Throwing/catching
- Running
- Swimming
- Tumbling
- Walking

## Activity Recommendations (Normal Weight): 5-12 Years

- Children should accumulate at least 60 minutes (and up to several hours) of age-appropriate physical activity on all or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.
- Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
- Children should participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

Aerobic/ endurance	Bone-building	Muscle strengthening	Active play	
Running Jumping	Hopping Jumping Running	Push-ups Tree climbing Sit-ups	Competitive sports: Soccer Baseball	Free Play: Walking Dancing Jump roping

## Activity Recommendations for Various Ages (Normal Weight)

	9-13 Years	14-18 Years
<b>Aerobic/Endurance</b>	Running Dancing Swimming Bicycle riding	Running Bicycle riding Soccer Swimming
<b>Bone-Building</b>	Basketball Tennis Running	Running Jumping
<b>Muscle Strengthening</b>	Push-ups Use of resistance bands	Use of free-weights of 15-20 pounds with high repetitions
<b>Active Play</b>	Football Basketball Ice hockey Volleyball Tennis Track and Field Running Swimming Dancing	Yoga Dancing Running Walking Cycling Household chores Competitive or noncompetitive sports