

PHYSICAL ACTIVITY GUIDELINES

For Youth 13 to 18 Years Old

Youth aged 13 to 18 years old gain a lifetime of better health by being physically active. You need to do **aerobic, muscle-strengthening,** and **bone-strengthening** physical activities *every week*. Try a lot of different activities with your friends or family and choose the ones that you enjoy and that are right for you and your age. Below are the minimum suggested guidelines for the amount of activity you should get each week.

Aerobic Activities (Exercise)

Do at least 1 hour (60 minutes) or more of **moderate to vigorous aerobic** physical activity **every day**.

Make sure that at least 3 days per week you do **vigorous-intensity** activity during your 60 minutes of activity.

- ◆ Aerobic activities like brisk walking, running, bicycling, and swimming make you breathe harder and your heart beat faster.
- ◆ You can add up your minutes over the day to reach the goal of one hour each day (e.g. 20 minutes in the morning, 30 minutes at recess, and 10 minutes in the afternoon).



Muscle- & Bone-Strengthening Activities



At least 3 days per week, do **muscle- AND bone-strengthening** exercises as part of your 60 or more minutes of daily physical activity.

- ◆ Muscle-strengthening activities make your muscles do more work than usual during daily life, so they make your muscles grow stronger.
- ◆ They can be unstructured activities and part of your physical activity or they can be structured activities like gymnastics, lifting weights or working with resistance bands, or doing push-ups, pull-ups or sit-ups.
- ◆ Bone-strengthening activities put a force on your bones that promotes bone growth and strength. The force is produced by impact with the ground.
- ◆ Examples are sports with running and jumping like basketball, gymnastics, volleyball, tennis, and running.



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Examples of Physical Activities

Any amount of activity, no matter how brief, counts for youth:

Moderate-intensity aerobic activity

- ◆ Brisk walking (walking quickly)
- ◆ Hiking, skateboarding, or rollerblading
- ◆ Bicycle riding
- ◆ Baseball, softball, volleyball
- ◆ Using your manual wheelchair



Vigorous-intensity aerobic activity

- ◆ Jumping rope in a gym
- ◆ Martial arts such as karate or kung fu
- ◆ Running
- ◆ Basketball, field hockey, soccer
- ◆ Vigorous dancing
- ◆ Biking up hills



Muscle-strengthening

- ◆ Push-ups and pull-ups
- ◆ Rope or rock climbing
- ◆ Sit-ups
- ◆ Resistance exercises using body weight or resistance bands
- ◆ Weight-lifting

Bone-strengthening

- ◆ Jumping rope in a gym
- ◆ Running
- ◆ Sports with jumping like gymnastics, basketball, volleyball and tennis.