



American Heart Association®

Healthy for Good™

Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?



Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



Go Play

Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



Fit in 60+

School-age kids and teens (ages 6-17) should try to get at least **60 minutes per day** of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.

Sit less and move more.

Learn more at heart.org/movemore.