

PHYSICAL ACTIVITY RECOMMENDATIONS BY AGE GROUP



POPULATION	TYPE OF ACTIVITY	FREQUENCY	DURATION
Children 3 to 5	Active play (variety of activities)	Daily	Unlimited throughout the day
Children 6 to 17	Aerobic	Daily	60 minutes per day; aerobic activity should make up most of the 60 minutes
	Muscle-strengthening	3 or more days per week	
	Bone-strengthening	3 or more days per week	
Adults	Moderate intensity aerobic	Spread throughout the week	150 to 300 minutes per week
	Muscle-strengthening; involving all major muscle groups	2 or more days per week	
Older adults	A combination of: Balance training, aerobic activity, muscle-strengthening and bone-strengthening Intensity should be determined by individual level of fitness	Spread throughout the week	150 minutes per week