**Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children and Adolescents**

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| **Type of Physical Activity** | **Age GroupChildren** | **Age GroupAdults** |
| **Moderate–intensity aerobic** | * Active recreation, such as hiking, skateboarding, rollerblading
* Bicycle riding
* Brisk walking
 | * Active recreation, such as canoeing, hiking, skateboarding, rollerblading
* Brisk walking
* Bicycle riding (stationary or road bike)
* Housework and yard work, such as sweeping or pushing a lawn mower
* Games that require catching and throwing, such as baseball and softball
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| **Vigorous–intensity aerobic** | * Active games involving running and chasing, such as tag
* Bicycle riding
* Jumping rope
* Martial arts, such as karate
* Running
* Sports such as soccer, ice or field hockey, basketball, swimming, tennis
* Cross-country skiing
 | * Active games involving running and chasing, such as flag football
* Bicycle riding
* Jumping rope
* Martial arts, such as karate
* Running
* Sports such as soccer, ice or field hockey, basketball, swimming, tennis
* Vigorous dancing
* Cross-country skiing
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| **Muscle-strengthening** | * Games such as tug-of-war
* Modified push-ups (with knees on the floor)
* Resistance exercises using body weight or resistance bands
* Rope or tree climbing
* Sit-ups (curl-ups or crunches)
* Swinging on playground equipment/bars
 | * Games such as tug-of-war
* Push-ups and pull-ups
* Resistance exercises with exercise bands, weight machines, hand-held weights
* Climbing wall
* Sit-ups (curl-ups or crunches)
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| **Bone-strengthening** | * Games such as hopscotch
* Hopping, skipping, jumping
* Jumping rope
* Running
* Sports such as gymnastics, basketball, volleyball, tennis
 | * Hopping, skipping, jumping
* Jumping rope
* Running
* Sports such as gymnastics, basketball, volleyball, tennis
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