**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 Group Children** | **Age Group Adults** |
| **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 |
| **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 |
| **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) |
| **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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