

## The California Department of Health Services Physical Activity Guidelines for Children, Youth, and Adults

<b>Preschool Children</b>	<p>All preschool children should participate every day in a form of physical activity appropriate for their developmental level and physical health status. This should occur in the context of home, preschool, day care or other care giving settings.</p> <p>Free play designed to provide opportunities for each child to develop fundamental motor skills and to reach his or her potential at his or her own rate is preferable to structured sessions.</p> <p>As much free play as possible should take place in a safe outdoor environment.</p> <p>In structured sports programs, participation and enjoyment should be emphasized rather than competition and winning.</p> <p>Emphasis should be placed on the promotion of physical activity as a natural and lifelong activity of healthy living. Setting, format, rules, and equipment should be modified accordingly.</p> <p>Preschool children should not be sedentary for more than 60 minutes at a time. Sedentary behaviors such as watching television or videos should be kept to a minimum (no more than 1 hour per day total).</p>
<b>Children (5-12 years)</b>	<p>Elementary school children should accumulate at least 30-60 minutes of age and developmentally appropriate physical activity on all, or most days of the week.</p> <p>An accumulation of more than 60 minutes, and up to several hours per day, of age and developmentally appropriate activities is encouraged for elementary school children. Given that children have demonstrated patterns of intermittent activity, accumulation of physical activity over the day seems a practical approach.</p> <p>Some of the child's activity each day should be in periods lasting 10-15 minutes or more that includes moderate to vigorous activity. Intermittent activity involves alternating bouts of moderate to vigorous activity with periods of rest and recovery.</p> <p>Extended periods of inactivity are discouraged for children. Sedentary behaviors such as watching television or videos, playing video games, and leisure surfing of the internet should be kept to a minimum (no more than 1 hour per day total).</p> <p>A variety of physical activities are recommended for children. As many of these activities as possible should take place in a safe outdoor environment.</p>
<b>Youth (13-17 years)</b>	<p>All adolescents should be physically active daily, or nearly every day, as part of play, games, sports, work, transportation, recreation, physical education, or planned exercise, in the context of family, school, and community activities.</p> <p>Adolescents should engage in at least 60 minutes of moderate to vigorous physical activity per day on most days of the week. Thirty minutes of physical activity per day should be viewed as a minimum. One hour per day represents a more favorable level.</p> <p>Physical activity can be performed in a continuous fashion or intermittently throughout the day.</p>
<b>Adult (18-59 years)</b>	<p><b>General Health Benefits:</b></p> <p>All adults should accumulate a minimum of 30 minutes of at least moderate intensity physical activity on most, if not all, days of the week.</p>

	<p>Intermittent moderate to vigorous activities during the day should last from 8-10 minutes, although shorter bouts may be needed when first starting a physical activity program.</p> <p>Integrating physical activity into one's daily lifestyle and routine is an effective way to accumulate physical activity over the day.</p> <p><b>Cardiovascular Fitness, Body Composition, and Additional Health Benefits:</b>  Adults should engage in moderate to vigorous intensity endurance activity for 20-60 minutes 3-5 days per week. 60 minutes per day may be needed to maintain body weight and reduce the risk of weight gain.</p> <p>Endurance activity is any activity that uses large muscle groups, which can be maintained continuously, and is rhythmical and aerobic in nature. Examples include walking-hiking, running-jogging, cycling-bicycling, cross-country skiing, aerobic dance/group exercise, rope skipping, rowing, stair climbing, swimming, skating, and various endurance game activities or some combination thereof.</p> <p>Duration is dependent on the intensity of the activity; thus, lower-intensity activity should be conducted over a longer period of time (30 minutes or more), and, conversely, higher-intensity activity should be done over a shorter period of time (20-30 minutes).</p> <p>Moderate-intensity activity is recommended for adults not training for athletic competition.</p> <p><b>Muscular Strength, Muscular Endurance, Skeletal, and Flexibility Benefits</b>  One set of 8-10 resistance training exercises that condition the major muscle groups should be performed 2-3 days per week.</p> <p>Most persons should complete 8-12 repetitions of each exercise; however, 10-15 repetitions may be more appropriate for persons who are older and/or more frail (approximately 50-60 years of age and above).</p> <p>Flexibility exercises that stretch the major muscle groups should be performed a minimum of 2-3 days per week.</p>
<p><b>Older Adult (≥ 60 years)</b></p>	<p>All older adults should meet the guidelines listed above for adults in addition to the recommendations below.</p> <p>Balance, agility, mobility, coordination, and reaction time exercises should be performed by persons experiencing a diminished capacity in these areas of function.</p> <p>Physical activity level should be increased more gradually in older adults to decrease the risk for soreness, discomfort, and injury. Older adults who have been sedentary should start with physical activity sessions of short duration and light intensity.</p> <p>Older adults with existing medical conditions or those who are unsure about their safety during physical activity should first consult their physician before embarking on a physical activity program.</p>

## Recent Quantitative Physical Activity Recommendations from U.S. and International Health Organizations

Organization, Policy Document	Type (mode) of Activity	Frequency	Duration	Intensity	Other Recommendations
<b>Infants</b> (birth -18 months) <b>Toddlers</b> ( 18 months to 3 years) <b>Preschool Children</b> (3-5 years)					
National Association for Sport and Physical Education <i>Active Start, 2002</i>	No inactivity for more than 60 minutes at a time	Daily	60 minutes - several hours		Unstructured physical activity for all -- Additionally, toddlers 30 minutes structured physical activity(pa) -- Preschoolers 60 minutes structured pa
American Academy of Pediatrics, 1992 Policy Statement	Developmental and physical health status appropriate physical activity. Free play designed to develop motor skills. Active exploration in a safe environment.	Daily	Not Applicable	Not Applicable	emphasize participation and enjoyment rather than competition
<b>Children/Youth/ Adolescents</b> (5-17 years)					
National Association for Sport and Physical Education, 1998 Statement of Guidelines (Guideline 1)	Age and developmentally appropriate physical activity	All or most days of the week	At least 30-60 minutes up to several hours per day	Moderate to vigorous	Shorter sessions of 10-15 minutes each can be accumulated throughout the day; extended periods of physical inactivity are discouraged; variety of activities should be performed

International Consensus Conference on Physical Activity Guidelines for Adolescents, 1994 Consensus Statement (Guideline 1)	Play, games, sports, work, transportation, recreation, physical education, or planned exercise in context of family, school, and community activities	Daily or nearly every day	At least 30 minutes	Moderate to vigorous	Activities should be enjoyable, involve a variety of muscle groups, and include some weight bearing activities.
Centers for Disease Control and Prevention, 1997 Guidelines (Guideline 1)	Play, games, sports, work, transportation, recreation, physical education, or planned exercise in context of family, school, and community activities	Daily or nearly every day	At least 30 minutes	Moderate to vigorous	Activities should be enjoyable, involve a variety of muscle groups, and include some weight bearing activities.
Centers for Disease Control and Prevention, 1987 Guidelines (Guideline 2)	Play, games, sports, work, transportation, recreation, physical education, or planned exercise in context of family, school, and community activities	Daily or nearly every day	At least 30 minutes	Moderate to vigorous	Activities should be enjoyable, involve a variety of muscle groups, and include some weight bearing activities.
Health Education Authority (U.K.), 1997 Policy Framework	Activities that are part of transportation, physical education, play, games, sport, recreation, work, or structured exercise	Most days of the week	30-60 minutes	Moderate to vigorous	30 minutes should be seen as a minimum; activity may be intermittently accumulated throughout the day
Institute of Medicine, 2002 Dietary Reference Intakes Report	Lifestyle physical activities and traditional exercise	Daily	60 minutes or more	Moderate to vigorous	Various types of physical activity can be accumulated

<b>Adults (18-59 years)</b>					
Centers for Disease Control and Prevention, 1995 Position Statement	Traditional and lifestyle physical activities including walking, gardening, household and yard chores, climbing stairs	Most, if not all, days of the week	At least 30 minutes	At least moderate intensity	Activity can be accumulated with shorter activity bouts throughout the day
National Institutes of Health, 1997 Consensus Statement	Individual preference including lifestyle activities	Most, if not all, days of the week	At least 30 minutes	At least moderate intensity	Activity can be accumulated with shorter activity bouts throughout the day
American Heart Association, 1996 Position Statement (Health benefits)	Dynamic exercise of large muscles	3-6 days per week	30-60 minutes	40-60% maximal aerobic capacity (light)	
American Heart Association, 1996 Position Statement (Health and Fitness benefits)	Dynamic exercise of large muscles	Most days of the week	30 minutes	60-75% maximal aerobic capacity (moderate)	Activity can be accumulated with shorter activity bouts throughout the day
American Heart Association, 1996 Position Statement	Resistance training exercises	2 days per week	10-15 repetitions per exercise	Moderate to high intensity	8-10 different exercises using large muscle groups
American Cancer Society, 1996 Prevention Guidelines	Traditional and lifestyle physical activities including walking, gardening, household and yard chores, climbing stairs	Most days of the week	30 minutes or more	Moderate	Strive to stay within a healthy weight range

American College of Sports Medicine, 1998 Position Stand	Any activity that uses large muscle groups, can be done continuously, is rhythmic and aerobic in nature	3-5 days per week	20-60 minutes	55/65%-90% maximal heart rate or 40/50%-85% maximal aerobic capacity	Minimum of 10-minute bouts can be accumulated throughout the day
American College of Sports Medicine, 1998 Position Stand	Resistance training exercises	2-3 days per week	One set of 8-12 repetitions per exercise	Light to moderate intensity	10-15 repetitions may be more appropriate for older and more frail persons
American College of Sports Medicine, 1998 Position Stand	Flexibility exercises for major muscle groups	2-3 days per week	Maintain stretched position for 10-30 seconds	Never stretch beyond mild discomfort	Appropriate static and dynamic techniques can be used
National Institute on Aging, 1998 Exercise Guide	Any activity that raises the heart rate and breathing for extended periods of time	Most or all days of the week	At least 30 minutes	Moderate to vigorous	Shorter sessions of no less than 10 minutes each can be accumulated throughout the day
National Institute on Aging, 1998 Exercise Guide	Strength exercises for the major muscle groups	At least 2 days per week	1-2 sets of 8-15 repetitions each	Light to moderate	First increase the number of times you do the exercise, then increase the weight at a later session
National Institute on Aging, 1998 Exercise Guide	Stretching exercises for the major muscle groups	At least 3 days per week up to every day	Repeat each stretch 3-5 times; hold stretched position for 10-30 seconds; total session lasts 15-30 minutes	Never stretch beyond mild discomfort	Move slowly into each position, never jerk into position

Health Education Authority (U.K.), 1996 Consensus Recommendation	Traditional and lifestyle physical activities including walking, gardening, household and yard chores, climbing stairs	At least 5 days per week	30 minutes per day	Moderate	Activity can be accumulated with shorter activity bouts throughout the day
Health Canada, 1998 Physical Activity Guide	Activity using large muscle groups	4-7 days per week	30-60 minutes	Moderate to vigorous	Shorter sessions of no less than 10 minutes each can be accumulated throughout the day
Active Australia, 1998 Framework for Action	Traditional and lifestyle physical activities including walking, gardening, household and yard chores, climbing stairs	Most days of the week	30 minutes	Moderate	Shorter sessions of no less than 10 minutes each can be accumulated throughout the day
Institute of Medicine, 2002 Dietary Reference Intakes Report	Activities of daily living, lifestyle physical activities, traditional exercise	Daily	60 minutes	Moderate to vigorous	Various types of physical activity can be accumulated throughout the day