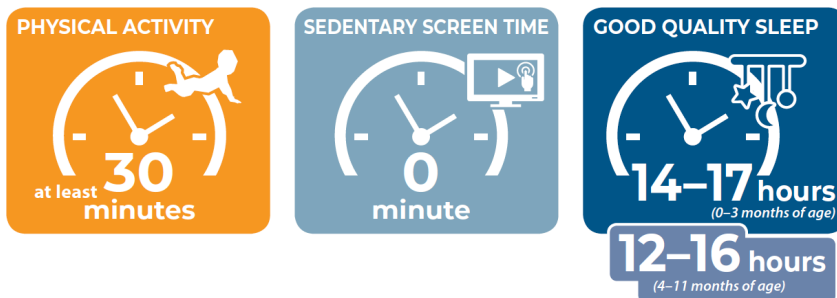


What type and how much physical activity improves the health of children and adolescents?

Science has shown that the practice of physical activity is **ESSENTIAL** to maintain the health of children and teenagers. **BUT...** How long should they practice it, what type of activity, and with what intensity? **The following are the recommendations published by the World Health Organization.**

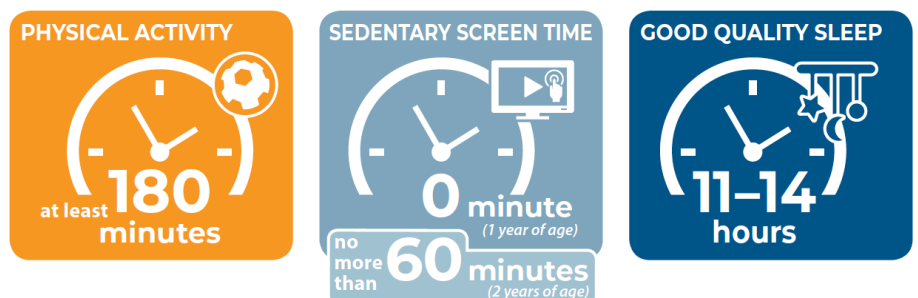
For children under 5 years of age:

Infants under 1 year of age should:

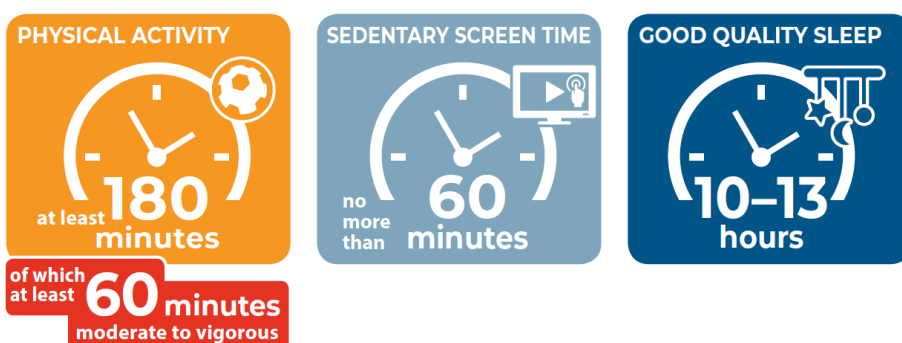


Understanding as activity play on the floor, walking, crawling and in those who cannot, at least 30 minutes a day face down. And above all, avoid keeping them immobilized in chairs or high chairs for more than 1 hour at a time.

Children from 1 to 2 years old should:



Children 3 to 4 years old should:



You just need to put it into practice...they can't do it on their own!

What type and how much physical activity improves the health of children and adolescents?

For children and adolescents between 5 and 18 years

For children and adolescents in this age range, the World Health Organization recommends that:



At least
60
minutes a day

moderate- to vigorous-intensity physical activity across the week; most of this physical activity should be aerobic.

— 

- > **Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, should be incorporated at least 3 days a week.**

Strong recommendation, moderate certainty evidence

It is recommended that:


- > **Children and adolescents should do at least an average of 60 minutes per day of moderate- to vigorous-intensity, mostly aerobic, physical activity, across the week.**

Strong recommendation, moderate certainty evidence



On at least
3
days a week

vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone should be incorporated.

— 

- Remember: a moderate-intensity activity is one that, when we perform it, makes it a little difficult for us to speak. The intense one is the one that does not allow us to sing.
- Encourage the practice of strength exercises (with the body and small weights). Especially in overweight adolescents, this is a very effective option.

[Please take this survey and help us improve the parent area of HyperchildNET. It will take 10 minutes](#)



[Want to learn more about how to improve your child's cardiovascular health? Visit us at:](#)





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www.hyperchildnet.eu

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