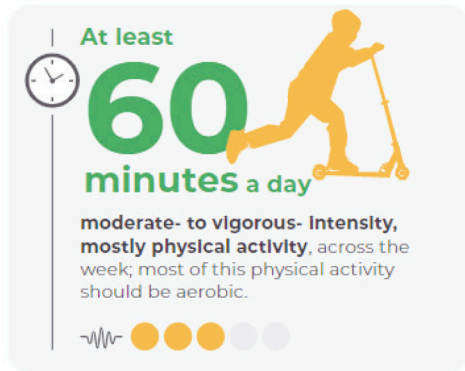




## “TAKE CARE OF ONESELF”

## PHYSICAL ACTIVITY

Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.



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*



- 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*

On days when you don't have a workout or game, do you accumulate 60 minutes or more of moderate to vigorous physical activity per day that primarily involves aerobic activities?

Can you give specific examples?

What activities could you do at home, or with your friends, to accumulate more moderate or vigorous physical activity?

