



# SCHOOL HEALTH NEWSLETTER



SEPTEMBER  
EDITION

HEALTH  
FOCUS?

## Fitness

Maintaining **regular physical activity** has many health benefits including decreasing health risks such as cardiovascular disease or diabetes, strengthening bones and muscles, and improving mental health. The recommended amount of physical activity per week varies by age and other factors such as chronic conditions/disabilities. Below you will find the national physical activity guidelines recommendations per age group.

- **3-5 years old**
  - Active play throughout the day such as riding a tricycle or jumping.
- **6-17 years old**
  - 60 minutes or more of moderate-to-vigorous intensity activity three days a week such as walking, playing soccer, push-ups, and/or jumping rope.
- **18-64 years old**
  - At least 150 minutes a week of moderate-intensity activity such as brisk walking and muscle strengthening activities.
- **65 years and older**
  - At least 150 minutes a week of moderate-intensity activity such as brisk walking, muscle strengthening, and activities that improve balance.

