

HEALTH BENEFITS OF PHYSICAL ACTIVITY FOR

YOUTH

(6-17 Years Old)

MOVE FOR WELLNESS!

Youth ages 6-17 should get **60 minutes** or more of moderate-to-vigorous intensity **activities** each day.

BRAIN HEALTH
Improves school grades



MENTAL HEALTH
Reduces anxiety and depression



IMMUNE HEALTH
Helps reduce the number of colds, flu and other viruses



HEART HEALTH
Improves blood pressure and cardio endurance



CANCER PREVENTION
Reduces risk of certain cancers



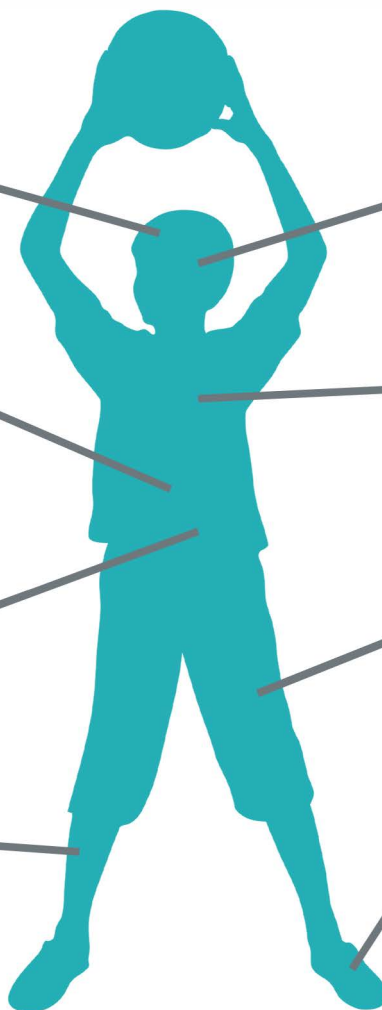
MUSCLE STRENGTH
Improves flexibility and helps prevent injury



BONE STRENGTH
Increases bone strength



HEALTHY WEIGHT
Reduces risk of obesity



Moderate vs Vigorous Activities!



MODERATE-INTENSITY

Walking, Hiking, Swimming, Kayaking
Riding Scooter, House/Yard Work



VIGOROUS-INTENSITY

Dancing, Sports, Jumping Rope,
Running, Biking

