

## **School Age (6 – 12 years) Children**

- At least 1 hour of physical activity daily
- Moderate intensity aerobic activity
  - jogging or cycling
- At least 3 days/week incorporate vigorous intensity aerobic activity such as
  - running,
  - soccer,
  - basketball,
  - swimming or
  - tennis
- At least 3 days/week incorporate muscle strengthening activities such as
  - weight lifting,
  - climbing trees and
  - using playground equipment.
- At least 3 days/week incorporate bone strengthening activities such as
  - running
  - jumping and
  - playing basketball



**With the exception of sleeping, sedentary activities such as sitting or lying should be limited to less than 2 hours per day**

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Contact [healthybahamascoalition@gmail.com](mailto:healthybahamascoalition@gmail.com) for more information.

*Obtain permission from your primary health provider before beginning any physical fitness routine*