

# NATIONAL PHYSICAL ACTIVITY GUIDELINES

## Adolescents (13 – 17 years)

- At least 1 hour of physical activity every day involving moderate intensity aerobic activity such as jogging or cycling
- At least 3 days per week incorporate vigorous intensity aerobic activity such as
  - running,
  - soccer,
  - basketball,
  - swimming or
  - tennis
- At least 3 days per week incorporate muscle strengthening activities such as
  - weight lifting,
  - climbing trees and
  - using playground equipment.
- At least 3 days per 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