



Activity Recommendations for Youth

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After reviewing some 1,220 abstracts and more than 850 articles, a 13-member panel of experts has concluded that youth between the ages of six and 18 “should participate every day in 60 minutes of more of moderate to vigorous physical activity that is **enjoyable and developmentally appropriate.**” Examples of such activity include jumping, sports that include batting or kicking, walking, etc. The recommended activity level may be achieved cumulatively, rather than in a single session, through a combination of activities at various times throughout the day.

Physical activity can also be increased by reducing sedentary activities such as watching television, using computer and video games, and talking on the telephone, which should occupy less than two hours per day. The panel looked at research evidence showing how physical activity affects various areas of health in youth, specifically weight, adiposity, cardiovascular health, asthma, mental health, academic performance, injuries, and musculoskeletal health. The panel’s literature review and recommendations were published in the June 2005 issue of the Journal of Pediatrics.

Motion Evolution programs provide enjoyable, developmentally appropriate physical activities for every age group. Motion Evolution activities can be used throughout the day in school or at home to promote physical activity and challenges for skill learning!!