



## How Much Physical Activity Should Your Family Get?

The U.S. Department of Health and Human Services/U.S. Department of Agriculture *Dietary Guidelines for Americans* recommend that children and teens be physically active for at least 60 minutes on most, if not all, days. For children, the 60 minutes of activity can be done in smaller chunks of time over the day.

The *Guidelines* recommend that adults engage in at least 30 minutes of moderate-intensity physical activity, above their usual daily routines, on most days of the week. Health experts recommend this level of activity to reduce the risk of chronic disease later in life.

Also, 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week will help adults avoid gradual weight gain. Physical activity can be done in smaller chunks of time over the day.

Life does get in the way, but it doesn't have to. Make getting more physical activity a family project. Encourage everyone to think of fun things to do to get up and moving, get off of the sofa and away from the screens—especially doing things as a family.

For more tips on how to fit in more physical activity for individuals and families, [visit the Live It section](#).

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