

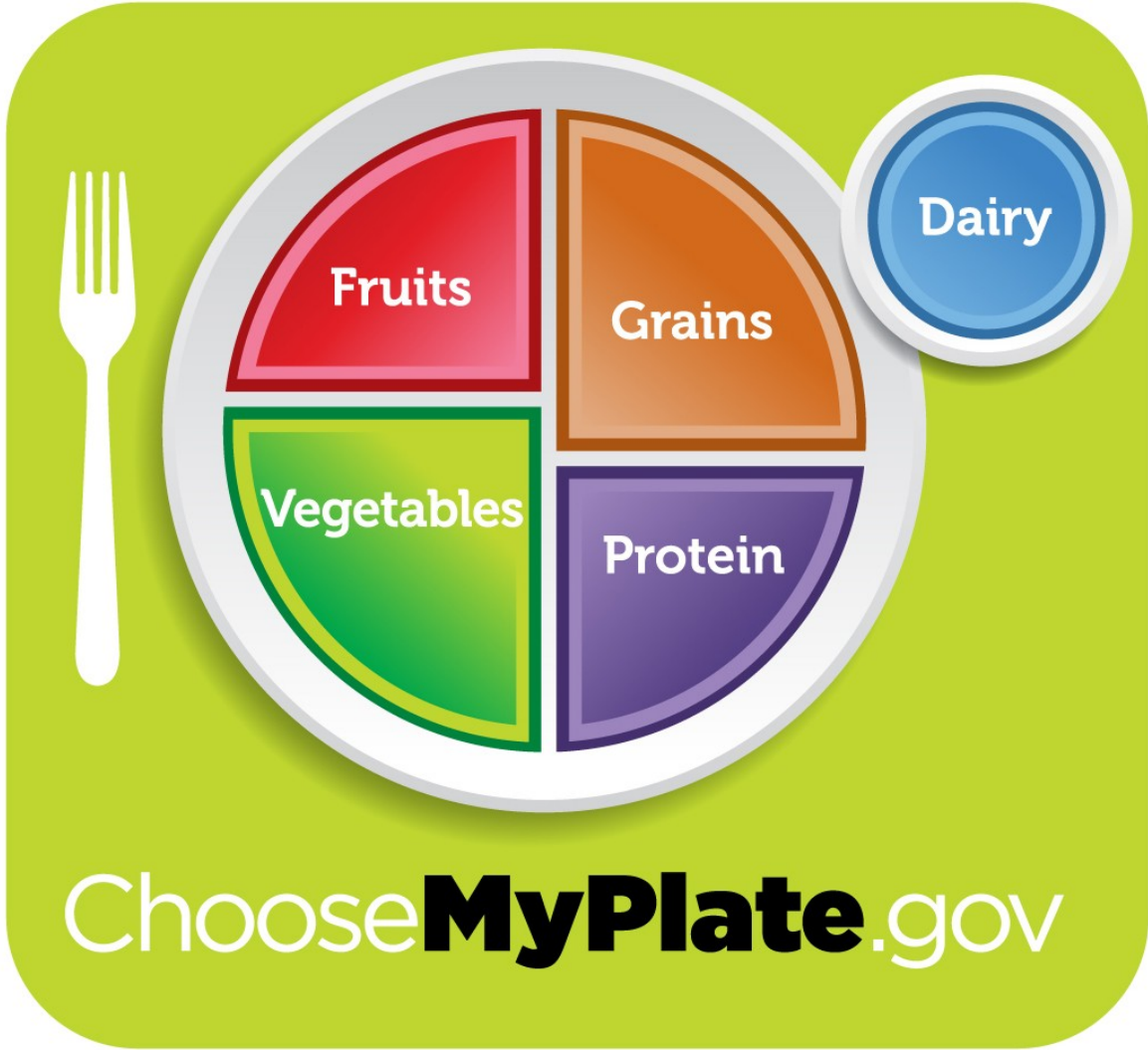
**Attachment G:
ODPHP Physical Activity Guidelines, 2nd Edition
Quick Association Exercise**

OMB Control Number: 0990-0281

January 9, 2017

Submitted to:
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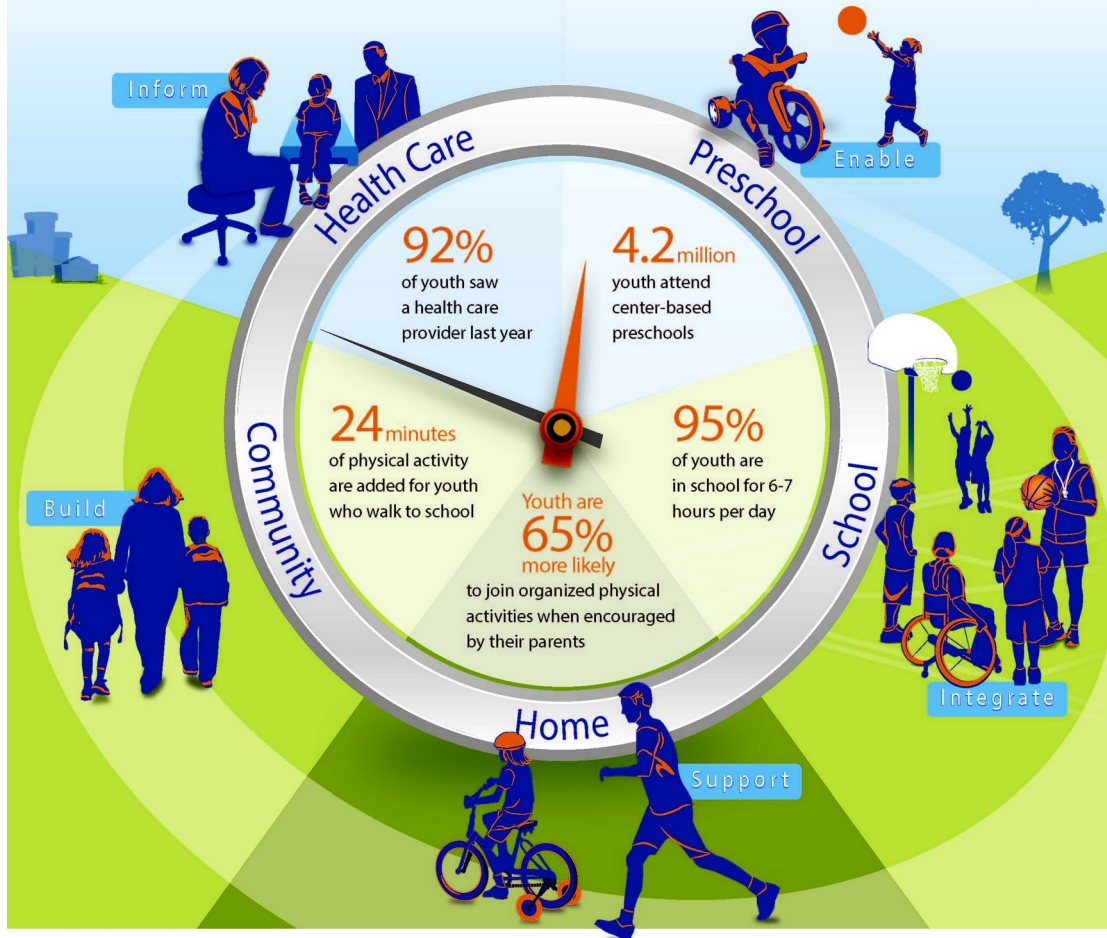


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60 Minutes or More a Day

Where Kids Live, Learn, and Play



Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



*America's Move to Raise a
Healthier Generation of Kids*



GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.



30 mins



Moderate-intensity activity

x5

per week

or



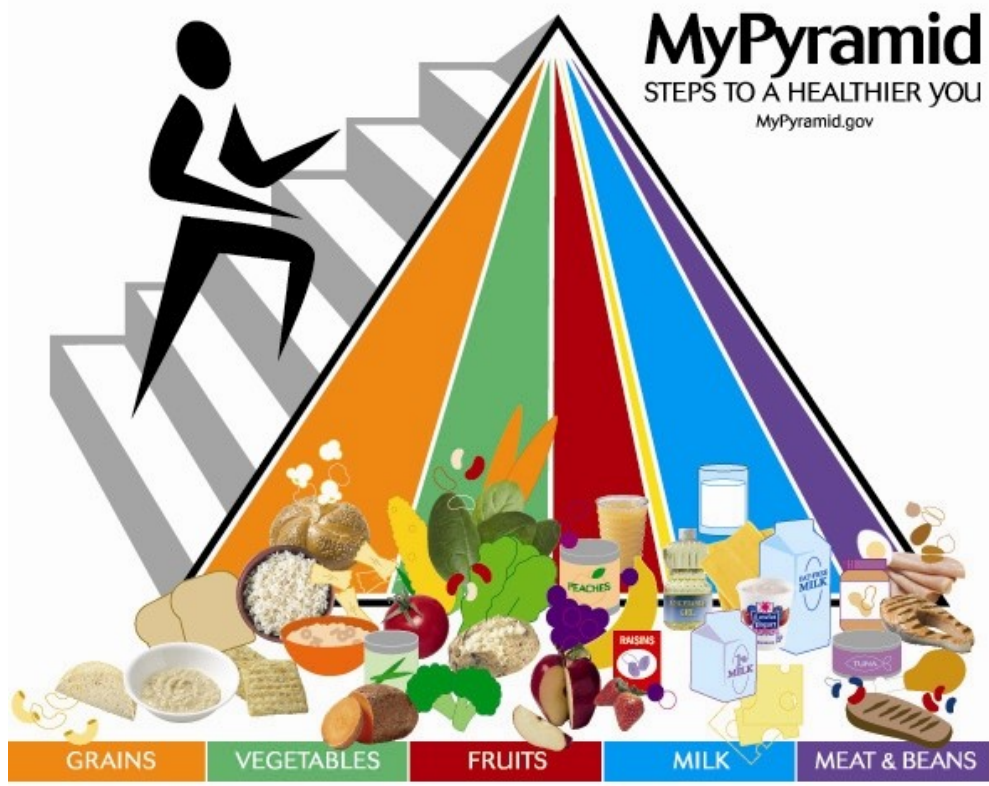
15 mins



High-intensity activity

x5

per week



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