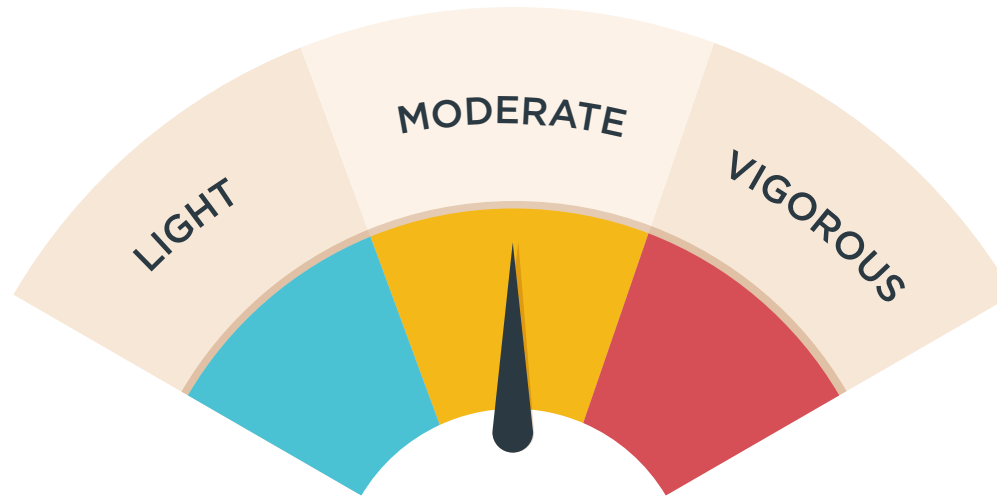


Kids' Physical Activity and MVPA

According to experts, kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day for optimal health.
But what do moderate-to-vigorous activities look like?



LIGHT ACTIVITY

Light activity requires little physical effort. Your heart rate barely changes, and your breathing stays steady.

EXAMPLES

Walking slowly • Washing laundry
Going shopping

MODERATE ACTIVITY

Moderate activity requires a medium amount of effort. Your pulse rate and breathing increase a little, but just enough to notice.

EXAMPLES

Walking quickly • Jogging slowly
Basketball shooting • Playing catch
Skateboarding

VIGOROUS ACTIVITY

Vigorous activity demands a large amount of effort. It sharply raises your heart rate and forces you to breathe intensely.

EXAMPLES

Running • Swimming • Jumping rope
Racquet sports • Mountain biking
Team sports such as basketball, hockey, soccer, and volleyball

TRY THE TALK TEST:

The “talk test” is an easy way to estimate the intensity of your activity. You can talk easily and even sing during light activity, but moderate activity will only allow you to talk, and it may require some effort. During vigorous activity, you won’t be able to say more than a few words without taking a breath.