

Autumn Health Picks

ACTIVE AGING



October 21, 2020

Key Takeaways

1. Young children should be as active throughout the day as possible
2. Children and adolescents should be doing 60+ minutes of moderate to vigorous aerobic activity a day
3. Adults should be doing 150-300 minutes of moderate to vigorous physical activity a week (minimum 30 min/day 5 days/week)
4. Move more and sit less!!

Types of exercises

<u>Aerobic</u>	<u>Muscle Strengthening</u>	<u>Bone Strengthening</u>
Brisk Walking	Playground equipment	Jump rope
Biking	Tree climbing	Basketball
Leisure sports	Weight lifting	Hopscotch
Jump rope	Resistance bands	Running
Swimming	Calisthenics	<u>Multicomponent</u>
Dance	Yoga	Sports Dancing
Running	Carrying heavy loads	Yoga Exercise class

