According to the Centers for Disease Control and Prevention (2022), physical activity can lead to improved mood, memory, attention, and grades.

**How Much Physical Activity is Recommended?**

*Children and adolescents should do 60 minutes of physical activity per day.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of Exercise** | **Benefits** | **Examples** | **Recommendations** |
| Aerobic  *Moderate: you can talk, but not sing*  *Vigorous: you can only say a few words without taking a breath* | Keeps your heart healthy | Walking, running, hiking  Dancing  Skateboarding  Martial arts  Soccer, hockey, tennis, basketball, swimming | Most of your daily physical activity should be aerobic activities  Include vigorous activities 3 days per week |
| Muscle-strengthening | Builds strong muscles | Tug-of-war  Rock climbing  Push-ups, squats  Lifting weights or using resistance bands | Include in your daily physical activity at least 3 days per week |
| Bone-strengthening | Helps with bone growth and strength | Hopping and skipping  Jumping rope  Running  Gymnastics  Volleyball | Include in your daily physical activity at least 3 days per week |

From <https://health.gov/sites/default/files/2019-09/paguide.pdf>

**Tips for Physical Activity**

1. You can split the 60 minutes up if needed. Do some physical activity before school, a little during school, and then more after school.

2. If possible, ride your bike/skateboard/scooter or walk instead of getting a ride. Walking or jogging are great, free ways to be active.

3. See what activities your school or community centers have to offer.

4. Try activities with your friends and family. This can make it easier to stick with it.

5. Small changes matter. Do push-ups during commercial breaks, go for an evening walk, or have a dance party in your living room!

6. Check out all of the great state parks in Vermont. Libraries have park passes to check out for free entry (details on back)!

**Resources and Additional Information**

Booth JN, Ness AR, Joison C, et al. Associations between physical activity and mental health and behaviour in early adolescence. *Ment Health Phys Act.* 2023;24. doi: [10.1016/j.mhpa.2022.100497](https://doi.org/10.1016/j.mhpa.2022.100497)

Benefits of school-based physical activity. Centers for Disease and Prevention. Centers for Disease Control and Prevention. July 27, 2022. Accessed March 11, 2024. https://www.cdc.gov/healthyschools/physicalactivity/school\_pa\_benefits.htm

For information about Vermont Parks, visit <https://anr.vermont.gov/activities/get-outdoors>

For information about the library park passes, visit <https://libraries.vermont.gov/services/public-libraries/state-park-and-historic-site-passes>