

IMPORTANCE Approximately 80% of US adults and adolescents are insufficiently active. Physical activity fosters normal growth and development and can make people feel, function, and sleep better and reduce risk of many chronic diseases.

- Preschool-aged children (3 through 5 years) should be physically active throughout the day to enhance growth and development.
- Children and adolescents aged 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily.
- Adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. They should also do muscle-strengthening activities on 2 or more days a week.
- Older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- Pregnant and postpartum women should do at least 150 minutes of moderate-intensity aerobic activity a week.
- Adults with chronic conditions or disabilities, who are able, should follow the key guidelines for adults and do both aerobic and muscle-strengthening activities.
- Recommendations emphasize that moving more and sitting less will benefit nearly everyone. Individuals performing the least physical activity benefit most by even modest increases in moderate-to-vigorous physical activity.
- Additional benefits occur with more physical activity. Both aerobic and muscle-strengthening physical activity are beneficial.

Health professionals and policy makers should facilitate awareness of the guidelines and promote the health benefits of physical activity and support efforts to implement programs, practices, and policies to facilitate increased physical activity and to improve the health of the US population.

New Evidence for Health Benefits of Physical Activity

- Improved bone health and weight status for children aged 3 through 5 years
- Improved cognitive function for youth aged 6 to 13 years
- Reduced risk of cancer at additional sites
- Brain health benefits, including improved cognitive function, reduced anxiety and depression risk, and improved sleep and quality of life
- Reduced risk of fall-related injuries for older adults
- For pregnant women, reduced risk of excessive weight gain, gestational diabetes, and postpartum depression
- For people with various chronic medical conditions, reduced risk of all-cause and disease-specific mortality, improved function, and improved quality of life

Health Benefits Associated with Regular Physical Activity

- **Children and Adolescents**
 - Improved bone health (ages 3 through 17 years)
 - Improved weight status (ages 3 through 17 years)
 - Improved cardiorespiratory and muscular fitness (ages 6 through 17 years)
 - Improved cardiometabolic health (ages 6 through 17 years)
 - Improved cognition (ages 6 to 13 years)
 - Reduced risk of depression (ages 6 to 13 years)
- **Adults and Older Adults**
 - Lower risk of all-cause mortality
 - Lower risk of cardiovascular disease mortality
 - Lower risk of cardiovascular disease (including heart disease and stroke)
 - Lower risk of hypertension
 - Lower risk of type 2 diabetes
 - Lower risk of adverse blood lipid profile
 - Lower risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
 - Improved cognition

- Reduced risk of dementia (including Alzheimer disease)
- Improved quality of life
- Reduced anxiety
- Reduced risk of depression
- Improved sleep
- Slowed or reduced weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Prevention of weight regain after initial weight loss
- Improved bone health
- Improved physical function

Figure 1. Percentage of US Adults 18 Years or Older Who Met the Aerobic and Muscle-Strengthening Guidelines, 2008-2016

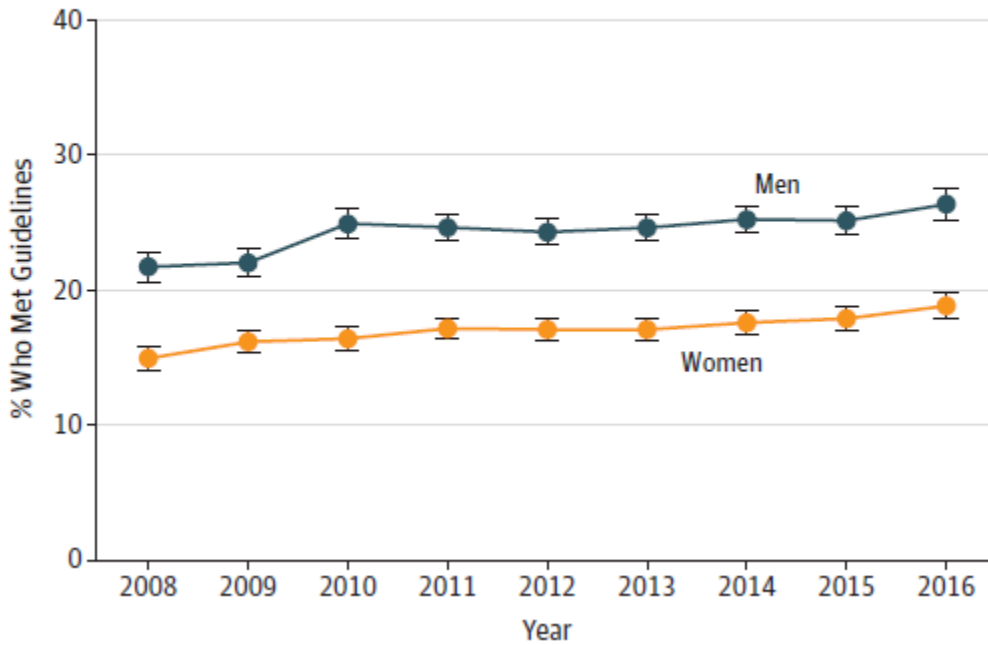


Figure 2. Percentage of US High School Students Who Met the Aerobic Physical Activity and Muscle-Strengthening Guidelines, 2011-2015

