

This document is for Youth 12–17 years. There is a subtitle labelled “Guidelines” and the following points:

For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include: Vigorous-intensity activities at least 3 days per week. Activities that strengthen muscle and bone at least 3 days per week. More daily physical activity provides greater health benefits.

Moderate-intensity physical activities will cause teens to sweat a little and to breathe harder. Activities like: Skating, Bike riding . Vigorous-intensity physical activities will cause teens to sweat and be ‘out of breath’. Activities like: Running, Rollerblading.

Being active for at least 60 minutes daily can help teens: Improve their health, Do better in school, Improve their fitness, Grow stronger, Have fun playing with friends, Feel happier, Maintain a healthy body weight, Improve their self-confidence, Learn new skills.

Parents and caregivers can help to plan their teen’s daily activity. Teens can: Walk, bike, rollerblade or skateboard to school. Go to a gym on the weekend. Do a fitness class after school. Get the neighbours together for a game of pick-up basketball, or hockey after dinner. Play a sport such as basketball, hockey, soccer, martial arts, swimming, tennis, golf, skiing, snowboarding.

Now is the time. 60 minutes a day can make a difference.