

Physical Activity Recommendations for Kids & Adults to Stay Healthy

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Introduction

Physical Activity has significant benefits for mind, body and heart and people of all ages are benefitted by it. It is important for children and teenagers to be physically active and have a nutritious diet every day to grow up healthy. A healthy lifestyle must start early in life as healthy habits if developed in childhood will help in lasting for a lifetime.

Physical activity recommendations for adults

- Get at least 150 minutes of moderate-intensity aerobic exercise per week, or 75 minutes of intense aerobic activity per week, or a combination of both, spread out over the week.
- Have at least two days a week of low- to high-intensity muscle-strengthening exercise (such as resistance or weights).
- Sit for shorter periods of time. Also, light-intensity exercise will help to mitigate some of the dangers of sedentary behaviour.
- Increase your health benefits by exercising for at least 300 minutes (5 hours) each week.
- Steadily increase the volume and strength.

Physical activity recommendations for kids

- Children aged 3 to 5 years old should be physically involved and move about often during the day.
- Children aged 6 to 17 should engage in at least 60 minutes of moderate- to vigorous-intensity physical activity every day, primarily aerobic.
- Include vigorous-intensity exercise in your weekly routine at least three times.
- Provide at least three days a week of muscle- and bone-strengthening (weight-bearing) tasks.
- Steadily increase the volume and strength.

Intensity of Physical Activity

Aerobic (or "cardio") exercise raises the heart rate and improves cardiorespiratory health, which is good for your heart. Your heart will pound faster and you will breathe harder than usual if you do it at a moderate pace, but you will still be able to speak. Consider it a medium to moderate level of effort. Brisk walking (at least 2.5 miles per hour), water aerobics, dancing, gardening, tennis (doubles), and biking slower than 10 miles per hour are examples of moderate-intensity aerobic activities.

Your body would be pushed a little harder if you engage in high-intensity sports. They would necessitate a greater level of commitment. You'll most likely get hot and sweaty. You would be unable to speak for long periods of time without being out of breath. Hiking uphill or with a heavy backpack, biking, swimming laps, aerobic dancing, heavy yardwork such as constant digging or hoeing, tennis (doubles), cycling 10 miles per hour or faster, jumping rope are all high-intensity aerobic activities.

What if I'm Just Getting Started with Exercise?

Don't worry if you haven't yet reached 150 minutes a week. It is necessary for everyone to begin somewhere. Even if you've been sedentary for years, today is the day to start making healthy lifestyle changes. Make a realistic target for today. As you gain strength, you can gradually increase your time until you reach the recommended number. Don't let all-or-nothing mentality prevent you from doing your best every day.

Starting to walk is the simplest way to get going and improve your fitness. It's free, easy, and can be done almost anywhere, even in place.

Any movement is preferable to none at all. You can also break it up into smaller chunks during the day. Taking a five- or ten-minute brisk walk several times a day will add up.

Before making too many changes, speak to your healthcare provider about what forms and levels of physical activity are appropriate for you if you have a chronic illness or disability. But don't put it off any longer! Begin today by sitting less and moving more, in whatever way works best for you.

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