

Get Moving!

Physical activity is important for people of all ages. Being active can help you feel better physically and mentally, sleep better, and function better in your day to day life. You don't have to join a gym to exercise. Making time to move more throughout your day can make a big difference. Small changes add up.

This [interactive quiz relevant to children 6–17 years of age](#) can help you learn if your child is moving enough to stay healthy at their age. Take it for personalized recommendations.

Which best describes your child's activity level? Check the correct boxes.

During the last 7 days, my child did:

- 420 minutes or more** of a moderate to vigorous intensity activity, like brisk walking or playing soccer, AND
- 3 days or more** doing activities that strengthen muscles (examples: push-ups, sit-ups, climbing or lifting weights), AND
- 3 days or more** doing activities that strengthen bones (examples: gymnastics, jumping rope)

Results: Great Job!

Your child's activity level meets the recommendations.

- Less than 420 minutes** of a moderate to vigorous intensity activity, like brisk walking or playing soccer
- Less than 3 days** doing activities that strengthen muscles (examples: push-ups, sit-ups, climbing or lifting weights)
- Less than 3 days** doing activities that strengthen bones (examples: gymnastics, jumping rope)

Results: You can do it!

Your child may be able to feel better physically and mentally by moving more than they do

Keep Moving!

The US Centers for Disease Control and Prevention and the Department of Health and Human Services recommend that children ages 6 to 17 years have:

- 60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity every day
- A variety of enjoyable physical activities
- As part of the 60 minutes, on at least 3 days a week, get:
 - Vigorous Activity such as running or soccer
 - Activity that strengthens muscles such as climbing or push ups
 - Activity that strengthens bones such as gymnastics or jumping rope



Always talk to your Primary Care Provider before beginning or changing an exercise routine. If you need help finding a Primary Care Provider, please call the Health Choice customer service line at **1-800-322-8670**.

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