



Name _____ Class _____ Date _____

Regular Exercise

All people should engage in regular physical activity to **improve overall health and fitness**. The benefits of physical activity occur in people of all ages, in people at risk of developing chronic diseases, and in people with chronic conditions or disabilities.

- *Regular moderate-to-vigorous physical activity reduces the risk of many adverse health conditions.*
- *Some physical activity is better than none.*
- *Additional benefits occur as the amount of physical activity increases.*
- *Both aerobic and muscle-strengthening physical activity are beneficial.*
- *The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.*



PREVIEW

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Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity. Include **vigorous-intensity** physical activity on at least **3 days a week**.



Children and adolescents should include **bone-strengthening** physical activity on at least **3 days a week**.



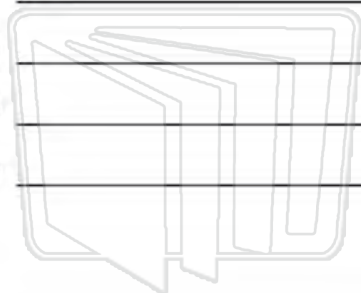
Children and adolescents should include **muscle-strengthening** physical activity on at least **3 days a week** as part of their daily physical activity.



Name _____ Class _____ Date _____

Benefits of Regular Exercise

- _____
- _____
- _____
- _____
- _____
- _____
- _____



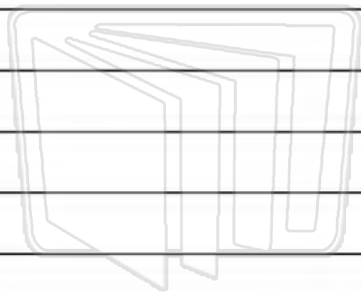
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Key Guidelines



PREVIEW

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