

Physical Activity

Youth, ages 12-17 years, should accumulate at least 60 minutes of moderate to vigorous physical activity daily. The more active you are the greater the benefits.¹



What benefits?

- Improve physical health and strength
- Feel happier
- Have fun with friends
- Maintain healthy body weight
- Improve self-confidence
- Learn new skills ¹

Physical activity is linked to improved mental health

Youth who are more physically active are less likely to intentionally hurt themselves, think about suicide or attempt suicide.²