

WHO PHYSICAL ACTIVITY RECOMMENDATIONS (World Health Organization 2010, 7-8).

Age Group	Recommendation
<b>5-17 years</b>	<p>Children and young people aged 5–17 years old should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. Physical activity of amounts greater than 60 minutes daily will provide additional health benefits.</p> <p>Most of daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.</p>
<b>18 – 64 years</b>	<p>Adults aged 18–64 years should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity. Aerobic activity should be performed in bouts of at least 10 minutes duration.</p> <p>For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity.</p> <p>Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.</p>
<b>65 years and above</b>	<p>Adults aged 65 years and above should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity. Aerobic activity should be performed in bouts of at least 10 minutes duration.</p> <p>For additional health benefits, adults aged 65 years and above should increase their moderate- intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous- intensity activity.</p> <p>Adults of this age group with poor mobility should perform physical activity to enhance balance and prevent falls on 3 or more days per week.</p> <p>Muscle-strengthening activities should be done involving major muscle groups, on 2 or more days a week.</p> <p>When adults of this age group cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.</p>