60 Minutes or More a Day
Where Kids Live, Learn, and Play

92% of youth saw a health care provider last year

4.2 million youth attend center-based preschools

24 minutes of physical activity are added for youth who walk to school

95% of youth are in school for 6-7 hours per day

Youth are 65% more likely to join organized physical activities when encouraged by their parents

Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines

Sources: