

# Fact Sheet on Physical Activity

**9 5 2 1 0**  
for Health™

In this fact sheet we focus on physical activity. Remember physical activity is an important part of the 9-5-2-1-0 for Health™ message:

- 9** Get at least 9 hours of sleep per day
- 5** Eat 5 servings of fruits and vegetables per day
- 2** Limit screen time to no more than 2 hours per day
- 1** Get at least one hour of physical activity per day
- 0** Avoid beverages with added sugar

## Why is physical activity important for children & youth?

The following are benefits of physical activity as listed by the 2008 Physical Activity Guidelines for Americans:

- Lowers risk of chronic diseases such as coronary heart disease, diabetes, and high blood pressure.
- Helps achieve and maintain a healthy weight.
- Reduces feelings of depression.
- Helps build and maintain healthy bones, muscles, and joints.
- See the references for these studies at [www.NorthernVirginiaHealthyKids.org](http://www.NorthernVirginiaHealthyKids.org).

## How much physical activity do children & youth need?

The Health and Human Services and the Centers for Disease Control recommend in the *2008 Physical Activity Guidelines for Americans* that:

- Children and youth be physically active for about 60 minutes every day.
- Physical activity can be done in a variety of short segments throughout the day.
- Children and youth should participate in the 3 types of physical activity: aerobic activity, muscle strengthening, and bone strengthening.
- See the references at [www.NorthernVirginiaHealthyKids.org](http://www.NorthernVirginiaHealthyKids.org).

## What can I do to promote physical activity for children & youth?

- Model the way by participating in a healthy program of physical activity.
- Educate kids, parents, & caregivers about the importance of physical activity for good health.
- Learn more about the 9-5-2-1-0 for Health™ message at [www.NorthernVirginiaHealthyKids.org](http://www.NorthernVirginiaHealthyKids.org).

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