

Activity Recommendations

Children (ages 2 – 17)	Adults (ages 18 – 64)	Older Adults (ages 65 and older)	Families (all ages)
<p>60 minutes, each day</p> <p>Tips:</p> <ul style="list-style-type: none"> • It's important to play for this time • Let children use their imagination <p>Ideas:</p> <ul style="list-style-type: none"> • Playing tag • Hide and go seek • Kickball • Riding bikes • Playing on playground • Shooting hoops • Dodgeball • Hula hooping • Jump roping • Swimming • Roller-skating • Skateboarding • Dancing • Create you own game 	<p>30 minutes, most days</p> <p>Tips:</p> <ul style="list-style-type: none"> • It's important to find what you enjoy. • Find someone that enjoys the same activities as you. <p>Ideas:</p> <ul style="list-style-type: none"> • Going for a walk • Dance class • Rock climbing • Hiking • Resistance bands • Kayaking • Yoga • Weight lifting • Riding bikes • Running • Going to the gym • Golf • Whatever you enjoy 	<p>30 minutes, most days</p> <p>Tips:</p> <ul style="list-style-type: none"> • It's still important to find what you enjoy. • Most older adults lose muscle mass so it's important to keep being active. <p>Ideas:</p> <ul style="list-style-type: none"> • Swimming • Aqua classes • Golf • Going to the gym • Walking • Yoga • Chair exercises • Resistance bands • Volunteering • Dance class • Group exercise classes • What ever you enjoy 	<p>1 – 2 days a week</p> <p>Tips:</p> <ul style="list-style-type: none"> • Allow different family members to pick the activity each time • Set a time the works for most of the family <p>Ideas:</p> <ul style="list-style-type: none"> • Kickball • Dance party • Walking the dog • Ride bikes • Go to the park • Scavenger hunt • Swimming • Hiking • Playing tag • Games with a ball • Create your own game