

Physical Activity Across the Age Spectrum

Physical Activity at Home



Looking for ideas to stay physically active while at home can be challenging. Whether as an individual or as a family, the ideas below can help ensure you and your household keep moving.

Kids

-Ages 1-2 need 3 hours of activity a day

-Age 3 needs 30 mins of adult led activity and 1 hour of free play

-Ages 4-5 need 1 hour of adult led activity and 1 hour of free play



Find music that moves you



Get creative with what you already have like hula hoops, jump ropes, scarves, balls



Discover new things in the yard (bugs, plants, animals)

More at:

www.beactivekids.org/

Adults

Adults should aim for 150 minutes of physical activity per week, which equates to 30 minutes 5 days per week in addition to 2-3 days of strength training exercises



Turn on some music and start a walking program



Try out an aerobic exercise video



Try simple muscle strengthening exercise like squats using a study chair, push-ups against a wall, and lunges or step-ups on stairs

More at:

www.exerciseismedicine.org

Older Adults

Ages 65+ should try to get 150 minutes of physical activity a week in addition to 2-3 days of strength training exercises



Balance Exercises- heel-to-toe walking, supported one-leg stands, or Tai Chi



Gardening, light yard work, household chores can all be considered physical activity



Strength exercises that don't need equipment- squats, arm press, leg raises

More at:

<https://go4life.nia.nih.gov/>

Together

People of all ages can enjoy the activities listed below:



Take a walk, hike, or bike ride together or get the family moving with a dance party. Gardening is another great opportunity for exercise



Get creative with physical activity – set a timer every hour and let a different family member choose the activity each round



Enjoy your favorite movie or series marathon as a group, but during commercials or breaks get up and move – walking or running in place, jumping jacks, and dancing are just a few ideas to get everyone moving

More at:

<https://www.eatright.org/fitness/exercise/family-activities/make-fitness-fun-for-the-whole-family>



This guide was created by MU Extension faculty Candace Rodman and Margo Myers who specialize in nutrition and exercise education and reviewed by exercise physiologists from MU Extension. MU Extension's Nutrition and Health unit enhances access to the resources and research from University of Missouri.

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