



MAKE ACTIVITY A FAMILY AFFAIR

- ➔ Go for a walk while you spend some quality time with your loved ones.
- ➔ Get out and play with your kids. You'll get a great workout while having fun.
- ➔ Adults should strive for at least:
 - 150 minutes of moderate-intensity aerobic activity per week.
 - 2 days of muscle strengthening activities per week. (e.g. weight/resistance band training, calisthenics, yoga).
 - 10,000 steps during your everyday routine.
- ➔ Children and adolescents (ages 6 -17) need at least:
 - 60 minutes of physical activity each day-OR-11,000 steps for girls and 13,000 for boys each day.

Performance TRIAD



Plan for Activity



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
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