



Frequency: The goal should be to include some type of physical activity daily. It is important to educate your patients that activities of daily living (ie, walking/bicycling for transportation) count as physical activity.

Intensity: The goal should be for the daily activity to be of at least moderate intensity, with ideally several bouts of more vigorous activity over the week. Vigorous activity is often defined as activity that makes you breathe hard and sweat. As mentioned above, the intensity is felt to be less important than establishing and maintaining the regular activity.

Time: The goal should be the accumulation of between 30 and 60 minutes of activity daily.

Acknowledge that accumulation of activity in 10- to 15-minute bouts provides nearly all the health benefits of longer bouts of sustained activity. This can be a great way to encourage physical activity in individuals less inclined to participate in more organized team sports or longer bouts of sustained activity. This concept may also lead to the incorporation of lifestyle activities that may be more easily maintained over time.

Type: The activities can include a variety of team sports, individual sports, recreational activities, family activities, and lifestyle activities such as walking or bicycling for transportation, household chores, and taking the stairs whenever possible. Several bouts a week of weightbearing activities that promote muscle strength, flexibility, and bone health are desirable. Involvement in a variety of activities may help by decreasing burnout and overuse syndromes, and increasing the enjoyment factor and promoting maintenance of the activities. Injuries and lack of enjoyment are frequently cited as reasons adolescents quit participating in activities.