



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

**Aerobic activities** are those in which you rhythmically move large muscles for a sustained period of time. Aerobic activities **increase cardiorespiratory fitness**. Children and adolescents ages 6 through 17 years should do **60 minutes** or more of moderate-to-vigorous physical activity **daily**.



## Moderate-Intensity Aerobics

Some aerobic activities are more intense than others. When doing **moderate-intensity activity**, you'll notice that your heart is beating faster than normal and you are breathing harder than normal. Some activities, such as bicycling, can be moderate or vigorous intensity, depending on the level of effort.

### Moderate-Intensity Activities

- Brisk walking
- Bicycle riding
- Kayaking, hiking, swimming



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- Bicycle riding up a steep hill
- Active games involving running and chasing, such as football
- Jumping rope
- Cross-country skiing
- Sports such as soccer, basketball, swimming, tennis
- Vigorous dancing
- Martial arts





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Moderate-Intensity Aerobics

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### List Moderate-Intensity Activities

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