



Name _____ Class _____ Date _____

The **key guidelines** (from the **Department of Health & Human Services**) for school-aged children and adolescents focus on three types of activity—**aerobic**, **muscle strengthening**, and **bone strengthening**. Each has important health benefits. Certain activities can be aerobic as well as muscle or bone strengthening.

Aerobic Activities

Aerobic activities are those in which you rhythmically **move large muscles for a sustained period of time**. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase **cardiorespiratory fitness**. Activities done in short bursts may not technically be aerobic, however, the Guidelines use the term aerobic to refer to these types of activities, as well.



PREVIEW

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Bone-strengthening activities **produce a force on the bones of the body that promotes bone growth and strength**. This force is commonly produced by **impact with the ground**. Running, jumping rope, basketball, soccer, tennis, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle strengthening.





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Aerobic Activities



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Bone-Strengthening Activities



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