



PennState
PRO Wellness



**Children's
Miracle Network
Hospitals**

Healthy Choices

Family Exercise without Equipment

pennstatehershey.org/PROwellness

Family Exercise without Equipment

Recommended Amount of Exercise

Adults

Physical activity: 30 minutes a day, 5 days a week including:

- **Aerobic activity:** ≥ 2 days a week
- **Muscle training:** ≥ 2 days a week

Children

Physical activity: 60 minutes a day, 7 days a week including:

- **Aerobic activity:** ≥ 3 days a week
- **Muscle training:** ≥ 3 days a week
- **Bone Strengthening:** ≥ 3 days a week

Easy Muscle Strengthening at Home

- Toe lift
- Half squat
- Superman
- Sit-ups
- Push-ups
- Bicep curls
- Overhead press

Video instructions at:

<http://www.cdc.gov/physicalactivity/basics/videos/index.htm>

Fun Activities for the Family

- Ride a bicycle
- Walk the dog
- Post-dinner walk
- Play basketball, or other games/sports
- Go on a hike
- Start a garden

