



American Heart Association®

Life's Essential 8™

→ for kids

IN MOTION

Physical activity, or exercise, is like a superpower for our bodies. It makes us strong, helps us grow, and keeps us healthy. Just like superheroes have special powers, exercise gives our bodies energy (can help improve our mental (brain) health and help us feel out best.

When we play, run, jump, and move our bodies, it's like giving them a special workout. Physical activity makes our hearts stronger, just like doing exercises can make our muscles stronger.

OUR BODIES ARE MEANT TO MOVE



KIDS & TEENS

should get at least 60 minutes of physical activity every day, including play and structured activities.¹

Remember, being physically active is not just about being strong or winning races. It's about feeling good and having fun too! You can play games with friends, ride bikes, dance, swim, or even take a walk with family. The important thing is to find activities you enjoy and make them a regular part of your day.

Learn more at heart.org/lifes8



ACTIVITY HELPS OUR:



BRAIN

Exercise releases hormones that make you feel good. It can also help kids develop a sense of accomplishment.²



HEART

Regular exercise can prevent heart disease in the future as well as reduce the risk of chronic diseases like obesity, Diabetes mellitus and high blood pressure.³



BONES

Movement helps strengthen our muscles and our bones.⁴

¹Centers for Disease Control Physical Activity Guidelines for Americans 2nd Edition https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

²Centers for Disease Control, Benefits of Physical Activity - <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

³European Heart Journal - Pedro L Valenzuela and others, Exercise benefits in cardiovascular diseases: from mechanisms to clinical implementation, European Heart Journal, Volume 44, Issue 21, 1 June 2023, Pages 1874-1889, <https://doi.org/10.1093/eurheartj/ehad170>

⁴Centers for Disease Control, Benefits of Physical Activity - <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>