



# MAKE ACTIVITY A FAMILY AFFAIR

- ⇒ Go for a walk while you spend some quality time with your loved ones.
- ⇒ Get out and play with your kids. You'll get a great workout while having fun.
- ⇒ Adults should strive for at least:
  - 150 minutes of moderate-intensity aerobic activity per week.
  - 2 days of muscle strengthening activities per week. (e.g. weight/resistance band training, calisthenics, yoga).
  - 10,000 steps during your everyday routine.
- ⇒ Children and adolescents (ages 6–17) need at least:
  - 60 minutes of physical activity each day –OR– 11,000 steps for girls and 13,000 for boys each day.

*Performance TRIAD*



*Plan for Activity*



**U.S. ARMY**

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**  
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

