



60 Minutes or More a Day

Where Kids Live, Learn, and Play

Inform



Health Care

92%
of youth saw
a health care
provider last year



Enable

Preschool

4.2 million
youth attend
center-based
preschools

Build



Community

24 minutes
of physical activity
are added for youth
who walk to school

Youth are
65%
more likely
to join organized physical
activities when encouraged
by their parents



Integrate

School

95%
of youth are
in school for 6-7
hours per day

Home

Support



Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



Sources: Synder T, Dillow S. Digest of education statistics 2010. Washington, DC: National Center for Education Statistics, Institute of Education Sciences, US Department of Education; 2011. Federal Interagency Forum on Child and Family Statistics. America's children in brief: key national indicators of well-being, 2006. Washington, DC: US Government Printing Office; 2006. Sirard JR, Riner WF, McIver KL, Pate RR. Physical activity and active commuting to elementary school. Med Sci Sports Exerc. 2005;37(12):2062-9. J Pediatr. 1991;118(2):215-9. Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2011. Vital Health Stat 10. 2012 Dec;(254):1-148. Heitzler CD, Martin SL, Duke J, et al. Correlates of physical activity in a national sample of children aged 9-13 years. Prev Med. 2006;42(4):254-60.