

Weekly Moderate/Vigorous Bone and Muscle Strengthening Activities

Monday

Moderate
Bone

What? I will toss a ball and play hopscotch with my child.
How much? For 60 minutes.
When? During homework.

Tuesday

Vigorous
Bone

What? I will jump rope and play tag with my family. **How much?** For 60 minutes. **When?** After supper.

Wednesday

Moderate
Muscle

What? I will play tug of war and use resistance bands. **How much?** For 60 minutes. **When?** Before supper.

Thursday

Moderate
Bone

What? I will take a brisk walk with my family. **How much?** For 60 minutes. **When?** Before bedtime.

Friday

Vigorous
Muscle

What? I will dig in the garden and push mow the grass. **How much?** For 60 minutes. **When?** After supper.

Saturday

Vigorous

What? I will ride my bike with my family. **How much?** 60 minutes. **When?** After breakfast.

Sunday

Moderate
Muscle

What? I will do yoga and then bicep curls with hand weights. **How much?** For 60 minutes. **When?** After lunch.

Notes

Muscle strengthening at least 3 days/week.

Bone strengthening at least 3 days/week.

1 hour or more a day of moderate or vigorous & vigorous intensity at least 3 days/week