

## A MINUTE OF HEALTH WITH CDC

## Keep Your Kids Moving

Physical Activity Levels Among High School Students — United States, 2010

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

If you think your child spends too much time playing video games or watching TV, you're probably right. A recent CDC study found that only about one in 10 high school students gets enough exercise. Teenagers need at least an hour of physical activity each day. At least three days a week, they need to include muscle- and bone-strengthening activities.

A healthy diet and an active lifestyle can help prevent serious health problems. Encourage your teen to get at least an hour of physical activity every day. Get involved by helping your community provide sidewalks and parks, and encourage schools to enhance physical education classes.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.