Republic of Kenya

Ministry of Health

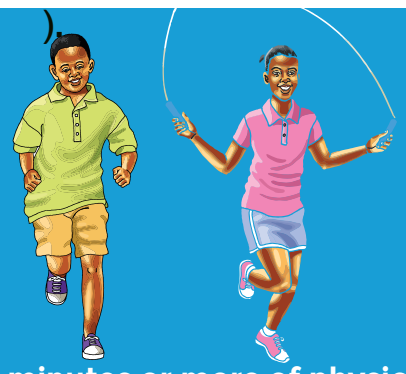
PHYSICAL ACTIVITY

CHILDREN UNDER 5 YEARS OF AGE

Physical activity throughout the day to enhance growth and development.

Adult caregivers should encourage active play that includes a variety of activities.

■ For school-age children and adolescents (ages 5-17



Sixty minutes or more of physical activity such as running daily..

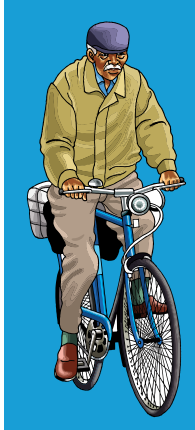
Muscle- and bone-strengthening exercises such as push-ups at least three days per week.

■ For adults (ages 18-59)

All adults should avoid inactivity; some physical activity is better than none.

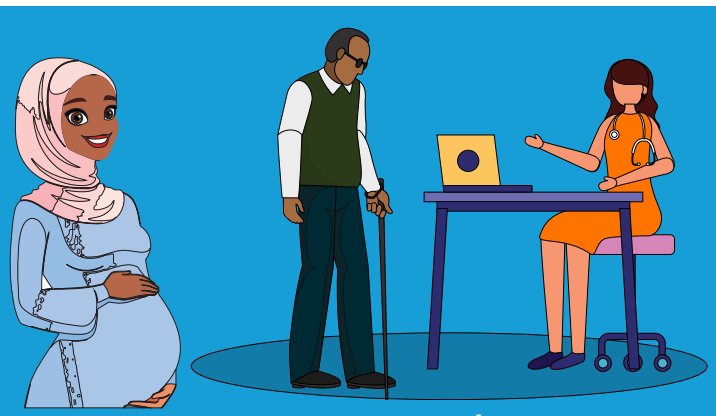
At least 150 min - utes per week of moderate- intensity activity such as a brisk walk or 75 minutes per week of vigorous -intensity activity such as running.

■ For Older adults (ages 60 and above)

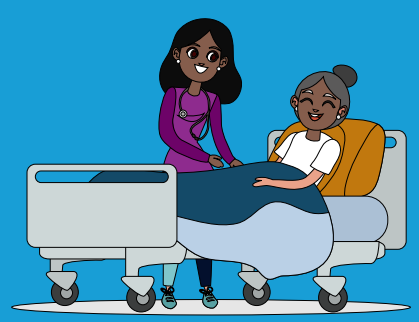


Moderate- or high-intensity muscle strengthening activities two or more days per week.

■ For specific population.



Those who are pregnant, and/or those with chronic health conditions and disabilities should consult their physicians and follow modified guidelines.



People with other chronic conditions and/or Cancer survivors should consult their physicians and follow modified guidelines adapted for their specific cancers and treatments.

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