



GO LIVE  
Smart<sup>®</sup>

# Make Exercise **A FAMILY AFFAIR**

**1 IN 3**

children are physically active every day.

**60**

minutes of daily activity are recommended  
for school-aged kids and teens.

**40%**

higher test scores are recorded among  
physically active kids.

**7 1/2**

hours a day is spent in front of a  
screen among children.

**3**

days a week should be spent  
participating in muscle-strengthening  
and bone-strengthening activities.