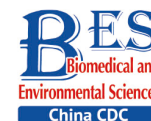


## Guideline



## Physical Activity Guidelines for Chinese (2021)

Composing and Editorial Board of Physical Activity Guidelines for Chinese

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Bureau for Diseases Prevention and Control of the National Health Commission

### Leading Institutions:

Chinese Center for Disease Control and Prevention

China Institute of Sport Science

### Participating Institutions: (sequence following Chinese Pinyin)

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Institute of Sports Medicine of Peking University

School of Sport Science, Beijing Sport University

School of Sport Medicine and Rehabilitation, Beijing Sport University

China Institute of Sport Science

National Institute of Sports Medicine

School of Medicine, Jinan University

Jiangsu Province Geriatric Hospital

Shenzhen Nanshan Center for Chronic Disease Control

Beijing Tiantan Hospital, Capital Medical University

Shanghai JS Life Sciences Institute

Chinese Center for Disease Control and Prevention

National Institute of Environmental Health, China CDC

National Center for Chronic and Noncommunicable Disease Control and Prevention, China CDC

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**1. General Guidelines**

Moving is good, the more the better, do not overdo things, and keep at it.  
 Less sedentary behaviors, and stay physically active on a daily basis.  
 Meet the recommended level of physical activity.  
 Engage in physical activity safely.

**2. Guidelines for Children Aged 2 Years and Younger**

Engage in various forms of interactive activities with caregivers every day.  
 Children who can walk independently should be physically active for at least 180 minutes per day.  
 Restrained time should not exceed one hour at a time.  
 Screen watching is not recommended.

**3. Guidelines for Children Aged 3–5 Years**

Engage in at least 180 minutes of physical activity per day, including 60 minutes of energetic play, and encourage outdoor activity.  
 Sedentary behaviors should not exceed one hour each time.  
 Screen time should be less than one hour per day.

**4. Guidelines for Children and Adolescents Aged 6–17 Years**

Engage in at least 60 minutes of moderate-to-vigorous physical activity every day; outdoor activities are primarily encouraged.  
 Engage in muscle strengthening and bone strengthening exercises at least three days a week.  
 Reduce sedentary behaviors. Sedentary behavior should not exceed one hour each time. Screen time should be less than two hours per day.

**5. Guidelines for Adults Aged 18–64 Years**

Engage in 150–300 minutes of moderate-intensity or 75–150 minutes of vigorous-intensity aerobic activity per week, or an equivalent combination of moderate-intensity and vigorous-intensity aerobic activity.  
 Engage in muscle-strengthening exercise at least two days a week.

Maintain daily physical activity and increase the physical activity level.

**6. Guidelines for Older Adults aged 65 Years and Older**

Guidelines for adults also apply to older people.

Persist in perform balance, agility, and flexibility exercises.

In cases unable to engage in 150 minutes of moderate-intensity physical activity per week, increase the level of various physical activities as much as possible.

**7. Guidelines for Individual with Chronic Diseases**

Individuals with chronic diseases should consult with their doctors before engaging in physical activity and conduct physical activity under professional guidance.

If body conditions allow, individuals should refer to their age group guidelines.

If body conditions do not allow, individuals are encouraged to conduct regular physical activities based on their actual conditions.