At least 6,000 daily steps in moderate-to-vigorous physical activity

At least 15,000 steps/week in moderate-to-vigorous physical activity, e.g., 3,000 daily steps in moderate-to-vigorous physical activity most days of the week

Boys 6-11 years

Girls 6-11 years

At least 15,000 steps/week in moderate-to-vigorous physical activity, e.g., 3,000 daily steps in moderate-to-vigorous physical activity most days of the week

Adolescents 12-19 years

Pre-school children 4-6 years

Additional benefits can come from adding in vigorous intensity activity

Arrows indicate that higher is even better

Healthy older adults 65+ years

Individuals living with disability and/or chronic illness

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