



# USA Pediatric Healthy Life Center Guidelines for Exercise

<b>To prevent Chronic Disease</b>	<b>30 minutes</b>	<b>Moderate Aerobic Activity</b>	<b>3 to 5 days per week</b>
<b>To prevent Diabetes</b>	<b>30 Minutes</b>	<b>Moderate Aerobic Activity</b>	<b>3 to 5 days per week</b>
<b>To Save your Insulin</b>	<b>45 minutes</b>	<b>Moderate Aerobic Activity</b>	<b>3 to 5 days per week</b>
<b>For weight loss</b>	<b>60 to 90 minutes</b>	<b>Moderate Aerobic Activity</b>	<b>7 days per week</b>

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