



[The Benefits of Physical Activity](#)

[Why is physical activity important?](#)

[Measuring Physical Activity Intensity](#)

[How much physical activity do **children need** ? \(dos 6 aos 17 anos de idade \)](#)

[How much physical activity do **adults** need? \(dos 18 aos 64 anos de idade \)](#)

[How much physical activity do **older adults** need? \(mais de 64 anos de idade \)](#)

[Promoting Active Lifestyles Among Older Adults](#)

[Growing Stronger - Strength Training for Older Adults](#)

[Healthy Pregnant or Postpartum Women](#)