Info Gap: Staying Active

Problem Card 1

Health experts recommend that children ages 6–17 be physically active for at least some amount of time each day.

Yesterday, Elena did some walking, running, jumping, and biking. The amount of time she spent being active was more than 100% of the recommended time for children.

How many minutes of physical activity per day are recommended for children?

Info Gap: Staying Active

Data Card 1

- Elena walked to school, played tag and jumped rope during recess, and biked around her neighborhood after school.
- Yesterday, Elena was physically active for 75 minutes.
- Yesterday, Elena was physically active for 125% of the recommended amount of time for children.

Info Gap: Staying Active

Problem Card 2

Last week, a teacher, who is a wheelchair user, did some moderate exercises as they went about their everyday activities.

The amount of time they spent being moderately active was a little less than the recommended amount of time for adults.

How many minutes of moderate physical activity per week is recommended for adults?

Info Gap: Staying Active

Data Card 2

- The teacher did stretching exercises each morning and lifted hand weights in the evening. On the weekend, they cleaned their house and went for a short swim.
- Altogether, the teacher spent 132 minutes doing moderate physical activity last week.
- Last week, the teacher was physically active for 88% of the recommended time for adults.

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