**Cardiovascular exercises** (cardio) challenges and strengthens the cardiovascular system, which includes heart, blood, and the blood vessels that carry blood to and from heart.

At the age of 6 – 12, kids need more physical activity and fitness to build strength, confidence, and coordination. The U.S. Department of Health and Human Services recommends that kids get **60 minutes or more** of physical activity each day. They advise that aerobic activity should make up most of those 60 minutes.

Aerobic exercise is a movement that gets your blood pumping faster around your whole body. It makes your heart beat faster. It also makes your lungs take in more oxygen. This causes you to breathe faster during exercise. Aerobic exercise is important for kids. It helps keep their heart, lungs, and blood vessels healthy.