



HOW MUCH SHOULD WE MOVE?

Check out the full Canadian 24-hour Movement Guidelines about how much we should all sit, step, sleep and sweat™ : csepguidelines.ca

HOW MUCH SHOULD KIDS MOVE?

Physical activity guidelines for 0-17



INFANTS (<1 YEAR): A variety of age-appropriate movement during awake time is important.



AGES 1-4: Movement and activity are important. Aim for 180 minutes of physical activity spread throughout the day. As they age include more and more energetic play.



AGES 5-17: At least 60 minutes per day of moderate to vigorous physical activity, all at once or in small bouts. Also include a variety of light activity and general movement throughout the day. As kids age (5-17), include heart pumping activities as well as muscle strengthening activities.

Sourced from csepguidelines.ca



Screen time for 0-2 year olds is not recommended. Screen time for ages 3-4 should be no more than 1 hr/day. As they age, keep recreational screen time to less than 2 hrs/day. Less is better!

MOVE MORE. SIT LESS. PLAY OFTEN!

Move in a variety of ways throughout the day. **More is better!** As kids age include activities that gets their heart pumping and body sweating.



WORTH NOTING!

Adults (18-54) should aim to for at least 150 minutes of physical activity each week. **More is better.** Show your child that movement and play are part of every day!