



ACTIVE START Physical Activity

How much physical activity is needed for a child?

Age Range	Amount of Physical Activity	Activity Samples	Sedentary Guidelines
Infant less than 1 year	Several times a day	Tummy time Reaching for toys Playing/rolling on the floor Crawling	Screen time, such as TV, computer, and electronic games is not recommended
Toddlers (1 to 2 years)	At least 180 minutes of physical activity a day	Crawling Running Dancing Climbing	Screen time, such as TV, computer, and electronic games is not recommended
Preschoolers (3 to 4 years)	At least 180 minutes of physical activity a day	Hopping Jumping Skipping Bike Riding	Screen time should be 1 hour a day or less
Children (5 to 11 years)	At least 60 minutes of moderate-intense physical activity a day	Running Swimming	Screen time should be 2 hours a day or less

Source: www.csep.ca/guidelines

For additional information, visit www.activeforlife.ca or www.canadiansportforlife.ca.

 Sport for Life



Services de santé du

TIMISKAMING
Health Unit