

# Get active each day

Being active helps us stay healthy. Find lots of ways to be active each day.

## HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

Toddlers 1-2 years    Preschoolers 3-5 years

**3** hours active play across the day

- Standing up
- Moving around
- Active toys

School age 5-12 years

**1-3** hours physical activity across the day

Be active so your breathing and heart beats faster:

- fast walking
- riding a bike or scooter
- playing sport



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)

## TIPS TO GET KIDS ACTIVE

Babies need 30 minutes of tummy time each day. Encourage them to crawl.



Toddlers can walk instead of using a stroller



Walk, ride a bike or scooter to school



Choose toys that help kids move

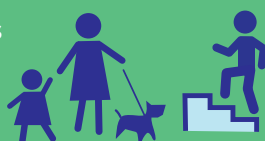
Limit screen time each day. Choose active play instead



Encourage kids to try a range of sports



Look for lots of ways to be active each day



Show your kids you like being active too



Outdoor play is best. Keep active indoors when it's hot or raining



HEALTHY EATING  
ACTIVE LIVING