

GET ACTIVE EACH DAY

Physical activity is an important part of being healthy.

Physical activity helps develop strong bones and muscles, improves balance and helps your child to keep to a healthy weight.

Time spent being inactive:

All children should not be inactive for more than one hour at a time, except when sleeping.

Infants

Every day infants (birth to 1 year) should be:

- physically active through supervised interactive floor based play in safe environments.

Help your infant be more active:

- Encourage them to reach and grasp by placing toys just out of reach.
- Play, push and pull games with toys and soft balls.
- Encourage movement and play during bathtime.
- Play music to encourage playful movements.



Toddlers

Every day toddlers (1-2 years) should:

- be physically active for at least 3 hours, across the day. This should include energetic play.
- not be restrained for more than 1 hour a day (e.g in a stroller, car seat or high chair) or sitting for long periods.

Physical activity can be done in small amounts throughout the day, you can start slowly and then build up each day.

Preschoolers

Every day preschool children (3-5 years) should:

- be physically active for at least 3 hours. This includes at least 60 minutes of energetic play.
- not be restrained for more than 1 hour at a time (e.g. in a stroller or car seat) or sitting for long periods.

HOW TO GET ACTIVE EACH DAY

Help your child be more active

- Turn off the TV and go outside to play.
- Play together.
- Get active as a family.
- Go for a walk to the local park.
- Go for a bike ride together.
- Buy gifts that entice them to be active eg bats and balls.
- Let them try a range of activities.
- Let them choose activities that they enjoy.

Turn off the screen and get active!

- Children younger than two years should not spend any time watching TV, DVDs, computer or other electronic games.
- Children (2-5 years) should spend no more than 1 hour a day watching TV, DVDs or playing computer games.
- Help your child to be active in as many ways as they can during the day.
- Find active indoor and outdoor games for your child to play instead of watching TV.
- Limit the amount of time your child spends playing computer games or on the internet by using a roster or timer.
- Do not have a TV or computer in your child's bedroom.

Tips

When being active remember to:

- Wear safe and stable shoes.
- Wear sunscreen and a hat when outside.
- Drink plenty of water.
- Have fun.

