



AUSTRALIA'S PHYSICAL ACTIVITY RECOMMENDATIONS FOR 0 – 12 YEAR OLDS.

Recommendation	Birth - 1 year	1 - 2 years	2 - 3 years	3 -5 years	5 - 12 years
Physical activity recommendation	Physical activity should be encouraged from birth.	Should be physically active every day for at least three hours, spread throughout the day.	Should be physically active every day for at least three hours, spread throughout the day.	Should be physically active every day for at least three hours, spread throughout the day.	A combination of moderate and vigorous activities for at least 60 minutes per day.
Sedentary recommendation – screen time	Should not spend anytime watching television or using other electronic media (DVD's, computer and other electronic games).	Should not spend anytime watching television or using other electronic media (DVD's, computer and other electronic games).	Sitting and watching television and the use of other electronic media (DVD's, computer and other electronic games) should be limited to less than one hour per day.	Sitting and watching television and the use of other electronic media (DVD's, computer and other electronic games) should be limited to less than one hour per day.	Sitting and watching television and the use of other electronic media (DVD's, computer and other electronic games) should be limited to no more than two hours per day, particularly during daylight hours.
Sedentary recommendation – prolonged inactivity	Should not be sedentary, restrained or kept inactive for more than an hour at a time, with the exception of sleeping.	Should not be sedentary, restrained or kept inactive for more than an hour at a time, with the exception of sleeping.	Should not be sedentary, restrained or kept inactive for more than an hour at a time, with the exception of sleeping.	Should not be sedentary, restrained or kept inactive for more than an hour at a time, with the exception of sleeping.	

For more information see the Department of Health and Ageing (Australian Government) <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

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