

Canadian Physical Activity Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

Guidelines:

For healthy growth and development:



Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.



Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:



A variety of activities in different environments;



Activities that develop movement skills;



Progression toward at least 60 minutes of energetic play by 5 years of age.



More daily physical activity provides greater benefits.

Being active as an infant means:

- Tummy time
- Reaching for or grasping balls or other toys
- Playing or rolling on the floor
- Crawling around the home

Being active as a toddler or preschooler means:

- Any activity that gets kids moving
- Climbing stairs and moving around the home
- Playing outside and exploring their environment
- Crawling, brisk walking, running or dancing

The older children get, the more energetic play they need, such as hopping, jumping, skipping and bike riding.

Being active can help young kids:

- Maintain a healthy body weight
- Improve movement skills
- Increase fitness
- Build healthy hearts
- Have fun and feel happy
- Develop self-confidence
- Improve learning and attention

All activity counts. Try these tips to get young kids moving:




- Create safe spaces for play.
- Play music and learn action songs together.
- Dress for the weather and explore the outdoors.
- Make time for play with other kids.
- Get where you're going by walking or biking.

Any way, every day.
Get active together!

Canadian Sedentary Behaviour Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

Guidelines:

-  For healthy growth and development, caregivers should minimize the time infants (aged less than 1 year), toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) spend being sedentary during waking hours. This includes prolonged sitting or being restrained (e.g., stroller, high chair) for more than one hour at a time.
-  For those under 2 years, screen time (e.g., TV, computer, electronic games) is not recommended.
-  For children 2–4 years, screen time should be limited to under one hour per day; less is better.

The Lowdown on the Slowdown: what counts as being sedentary

Sedentary behaviours are those that involve very little physical movement while children are awake, such as sitting or reclining:

- in a stroller, high chair or car seat
- watching television
- playing with non-active electronic devices such as video games, tablets, computers or phones

Spending less time being sedentary can help young kids:

- Maintain a healthy body weight
- Develop social skills
- Behave better
- Improve learning and attention
- Improve language skills

So cut down on sitting down. To reduce young children's sedentary time, you can:

- Limit use of playpens and infant seats when baby is awake.
- Explore and play with your child.
- Stop during long car trips for playtime.
- Set limits and have rules about screen time.
- Keep TVs and computers out of bedrooms.
- Take children outside every day.

**There's no time like right now
to get up and get moving!**