

How Much Physical Activity Does Your Young Child Need?

Toddlers and Preschoolers

The *National Association for Sport and Physical Education (NASPE)* recommends that toddlers accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes. Examples of structured physical activity for young children include family walks, riding bikes and organized games such as tag, T-ball, etc. Physical activity for toddlers and preschoolers is all about play.

In addition, NASPE guidelines also say that toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day, of unstructured physical activity (i.e., “active play”) and should not be sedentary for more than 60 minutes at a time except when sleeping. Limit screen time (T.V., video games, computer games) to 1-2 hours per day.



Infants

Infants should be placed in safe settings that encourage physical activity, allow infants to explore their environments and do not restrict movement for prolonged periods of time.

- Infants should not be placed and left in carriers, play pens, strollers, car seats, etc. for long periods of time.
- Infants need plenty of “floor time” on their tummy and their back. Place your infant on a blanket with toys that encourage movement and exploration.
- Include baby games such as “peek-a-boo” and “patty cake” daily.



Adults

The *Dietary Guidelines for Americans* recommend that adults engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.