







# 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!**

