

Appendix 1

The National Physical Activity Recommendations for Children 0 to 5 years

1. For healthy development in infants (birth to 1 year), physical activity – particularly floor-based play in safe environments – should be encouraged from birth.
2. Toddlers (1-3 years) and pre-schoolers (3-5 years) should be physically active every day for at least three hours, spread throughout the day.
3. For children two to five years of age, sitting and watching television and the use of other electronic media (DVDs, computer and electronic games) should be limited to less than one hour per day.
4. Children younger than two years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).
5. Infants toddlers, and pre-schoolers should not be sedentary, restrained or kept inactive, for more than one hour at a time – with the exception of sleeping.

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#npa05>