

Canadian physical activity guidelines for the early years 0-4 ^[1]

Author: Canadian Society for Exercise Physiology

Source: Canadian Society for Exercise Physiology

Format: Fact sheet

Publication Date: 20 Apr 2012

AVAILABILITY

Guidelines in pdf ^[2]

Excerpts:

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.

Region: Canada ^[3]

Tags: health ^[4]

Source URL (modified on 27 Jan 2022): <https://childcarecanada.org/documents/research-policy-practice/12/04/canadian-physical-activity-guidelines-early-years-0-4>

Links

[1] <https://childcarecanada.org/documents/research-policy-practice/12/04/canadian-physical-activity-guidelines-early-years-0-4> ^[2]

<http://www.csep.ca/english/view.asp?x=804> ^[3] <https://childcarecanada.org/taxonomy/term/7864> ^[4] <https://childcarecanada.org/category/tags/health>