

# Canadian physical activity guidelines for the early years 0-4 <sup>[1]</sup>

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**Format:** Fact sheet

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## AVAILABILITY

Guidelines in pdf <sup>[2]</sup>

## 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 <sup>[3]</sup>

**Tags:** health <sup>[4]</sup>

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**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> <sup>[2]</sup>

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