



Healthy Living Series – Physical Activity for Young Children



Physical Activity Recommendations



Spend at least

180
Minutes
Daily

on a variety of physical activities
of different intensity levels

Sit less, move more and play together!

Light intensity

Play with toys



Pack school bag



Put on clothes

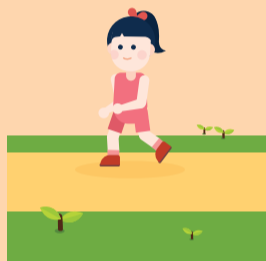


Household chores



Moderate intensity

Brisk walk



Play slides



Cycle



Swing



Vigorous intensity

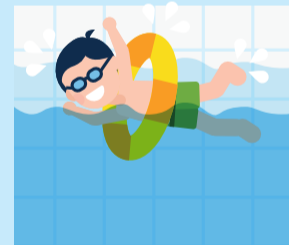
Run



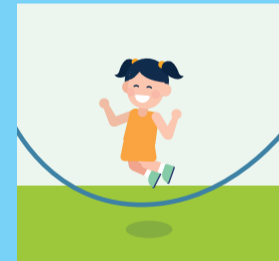
Ball games



Swim



Rope skip



Screen Time Recommendations



no more than
1 hour of sedentary
screen time a day;
less is better



Choose
interactive and **educative**
screen-time activities
and be carried out **under**
the **guidance** of parents