



Healthy Living Series – Physical Activity for Young Children



Physical Activity Recommendations



Accumulate at least

180
minutes
daily

Sit less, move more and play together!

Light intensity

Play with toys



Pack school bag



Put on clothes

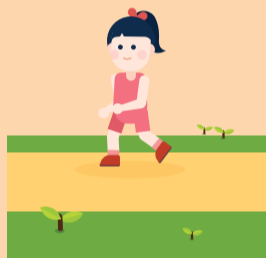


Household chores



Moderate intensity

Brisk walk



Play slides



Cycle



Swing



Vigorous intensity

Run



Ball games



Swim



Rope skip



Screen Time Recommendations



Put a 1-hour limit a day



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