

Guidelines for Physical Activity

**Canadian Society for Exercise
Physiology (in partnership with
Participaction)**



CANADIAN 24-HOUR
MOVEMENT GUIDELINES
FOR THE EARLY YEARS (0-4
YEARS): AN INTEGRATION
OF PHYSICAL ACTIVITY,
SEDENTARY BEHAVIOUR,
AND SLEEP

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www.csep.ca/guidelines

Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years)

For healthy growth and development, infants, toddlers, and preschoolers should achieve the recommended balance of physical activity, high-quality sedentary behaviour, and sufficient sleep.

A healthy 24 hours includes:



MOVE

SLEEP

SIT

INFANTS (LESS THAN 1 YEAR)

Being physically active several times in a variety of ways, particularly through interactive floor-based play—more is better. For those not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake.

14 to 17 hours (for those aged 0-3 months) or 12 to 16 hours (for those aged 4-11 months) of good-quality sleep, including naps.

Not being restrained for more than 1 hour at a time (e.g., in a stroller or high chair). Screen time is not recommended. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

Replacing time restrained or sedentary screen time with additional energetic play, and trading indoor for outdoor time, while preserving sufficient sleep, can provide greater health benefits.

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A healthy 24 hours includes:



MOVE

TODDLERS (1-2 YEARS)

At least 180 minutes spent in a variety of physical activities at any intensity, including energetic play, spread throughout the day—more is better.

SLEEP

11 to 14 hours of good-quality sleep, including naps, with consistent bedtimes and wake-up times.

SIT

Not being restrained for more than 1 hour at a time (e.g., in a stroller or high chair) or sitting for extended periods. For those younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour—less is better. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver

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A healthy 24 hours includes:



MOVE

PRESCHOOLERS (3-4 YEARS)

At least 180 minutes spent in a variety of physical activities spread throughout the day, of which at least 60 minutes is energetic play—more is better.

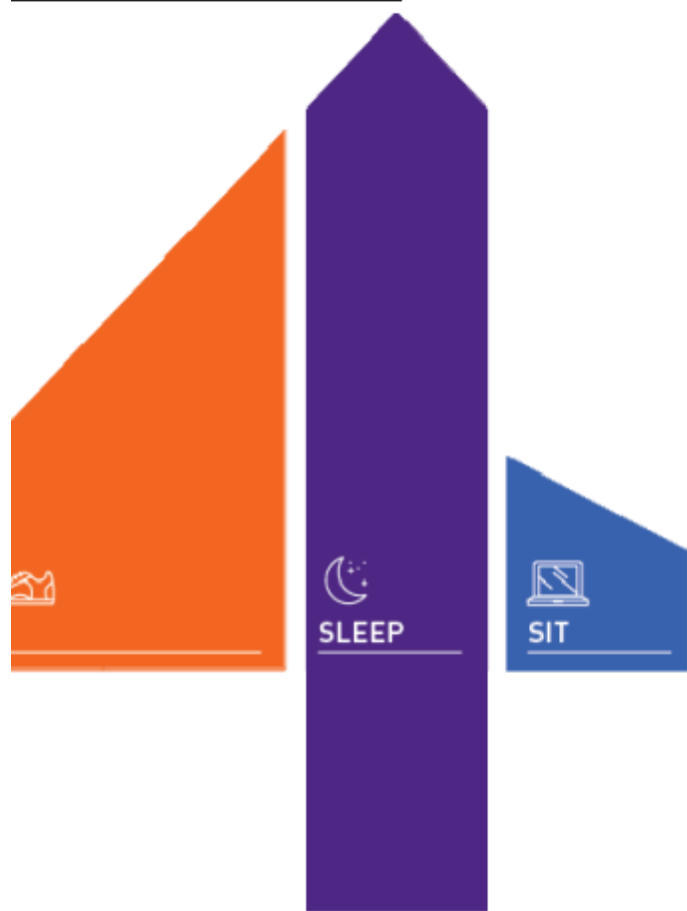
SLEEP

10 to 13 hours of good-quality sleep, which may include a nap, with consistent bedtimes and wake-up times.

SIT

Not being restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods. Sedentary screen time should be no more than 1 hour—less is better. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

SUMMARY AND CONCLUSION



Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

- The Whole Day Matters
- Young children need to **Move**, **Sleep** and **Sit** the right amounts for optimal health

If you are a Public Health Practitioner...

- **Read the background documents to master the content.**
- **Disseminate the press release to local media.**
- **Disseminate the Guidelines through social media platforms.**
- **Link the Guidelines on your website.**
- **Provide hard copies of the Guidelines in your waiting room, workshops, displays.**
- **Offer 24-hour movement workshops through EarlyON & other parent-child programs.**
- **Integrate the content in all resources & presentations to parents, future parents and service providers.**
- **Provide professional development to other service providers.**
- **Support policy efforts to follow Guidelines in daycares, schools & other venues.**

If you are an Early Childhood Educator or a Teacher...

- **Find ways to support the Guidelines: activity ideas in all settings, avoid screen time, ensure sufficient quality sleep, etc.**
- **Ensure your programming meets the Guidelines – especially if children are in your care for most of their waking hours.**
- **Aim to reduce sedentary time in programming, especially screens.**
- **Emphasize the physical literacy building blocks: physical competence, motivation, confidence.**
- **Communicate the Guidelines to parents.**
- **Ensure parents provide appropriate clothing for active play in all settings. Have extra clothing / footwear available.**
- **Support the development & implementation of policies: full 2 hours of outdoor play time, environment conducive/inspiring for activity, etc.**
- **Be a role model!**

If you are a Recreation Leader...

- **Aim to reduce sedentary time in programming.**
- **Make sure children of all abilities are included.**
- **Emphasize the physical literacy building blocks: physical competence, motivation, confidence.**
- **Encourage parents to continue being active with their child outside program time.**
- **Support the development & implementation of policies: outdoor play spaces, affordable programs, reduction of screen time, schedule supporting sufficient sleep (i.e., not at nap time), etc.**
- **Be a role model!**

If you are a Health Care Provider...

- **Provide hard copies of the Guidelines in your waiting room.**
- **Discuss the Guidelines with parents and help them overcome barriers.**
- **Encourage outdoor time as a way to increase activity time.**
- **Be a role model!**

All: interested citizens, municipal leaders, parents, etc.

- We all have a role to play! The whole day matters!
- Talk about the Guidelines to your colleagues, your family and your friends.

Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years):

An Integration of Physical Activity,
Sedentary Behaviour and Sleep



- **Guidelines developed for:**

- **Five to 18**

- **Adults**

- **Seniors**

- www.csep.ca/guidelines

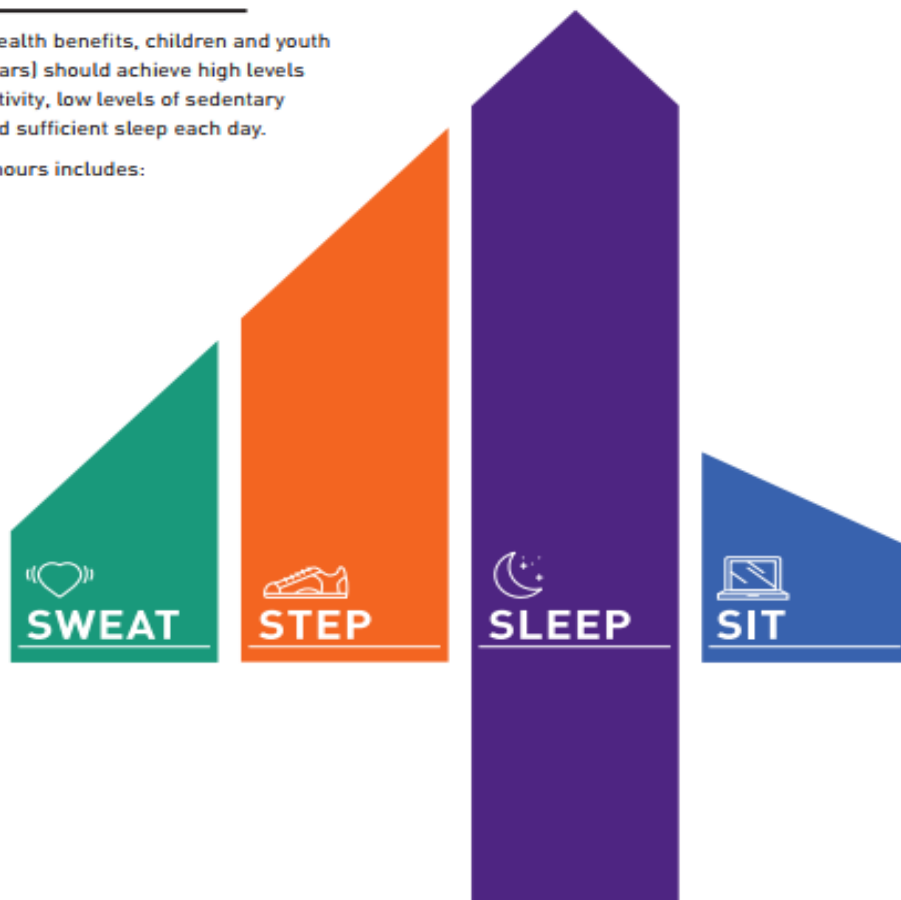
- **Website also contains resources for purchase...**

- http://store.csep.ca/Canadian-24-Hour-Movement-Guidelines-for-the-Early-Years-0-4-years_p_89.html

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.