

How much physical activity do you and your child need each day?

A. Adults

1. The *Dietary Guidelines for Americans* recommend that all adults be more active throughout the day and get at least 30 minutes of physical activity on most, or preferably all, days of the week.

B. Toddlers and Preschoolers

1. The National Association for Sport and Physical Education (NASPE) recommends that toddlers accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes.

a. Structured physical activities are usually organized by an adult and include taking a family walk, playing catch, playing sports, etc.

2. In addition, NASPE guidelines also say that toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day, of daily, unstructured physical activity (i.e. active play) and should not be sedentary for more than 60 minutes at a time except when sleeping.

C. Infants

1. Infants should be placed in safe settings that encourage physical activity, allow infants to explore their environments and do not restrict movement for prolonged periods of time.

a. Infants should not be placed in carriers, play pens, strollers, car seats, etc. and left for long periods of time.

b. Infants need plenty of floor time. Place infant on a blanket with toys that encourage movement and exploration.

c. Include baby games such as peek-a-boo and pattycake daily.