

HANDOUT 7

Physical Activity Recommendations for Young Children

Active Start—Preschoolers

- **Accumulate** at least **60 min.** a day of **structured** physical activity (PA)
- Engage in at least **60+ min.** per day of **unstructured** PA
- Avoid being sedentary for more than 60 min. at a time (except while resting/ sleeping)
- Develop **competence** in movement skills for more complex movement tasks
- Conduct PA both **indoors** and **outdoors**
- Individuals responsible for the well-being of preschoolers should be aware of **the importance of PA** and should facilitate preschoolers' movement skills.



CDC Recommendations for Children and Adolescents, Ages 6-17

- **60** or more minutes of **PA daily**
- **At least 3 days a week** should include:
 - **Aerobic:** Most of the 60 or more minutes per day should be either moderate or vigorous intensity
 - **Muscle-strengthening**
 - **Bone-strengthening**
- Encourage participation in PA that is age appropriate, enjoyable, and variable



Let's Move! Child Care

1. Physical Activity:

- **1-2 hours of PA** throughout the day
- Include outside play when possible



2. Screen Time:

- **No screen time** for children **under 2 years** (American Academy of Pediatrics [AAP] recommendation)
- **Children age 2 and older**, limit screen time to not more than **30 minutes per week** during child care
- Work with parents/caregivers to have no more than **1-2 hours of quality screen time per day**

3. Food:

- Serve fruits and vegetables at every meal
- Eat meals family-style whenever possible
- Don't serve fried food

4. Beverages:

- Provide access to water during meals and throughout the day
- Don't serve sugar-sweetened drinks
- For children 2 and older: low-fat (1%) or non-fat milk and less than 4- to 6- ounce serving of 100% juice per day

5. Infant feeding:

- Provide breast milk for infants from breastfeeding mothers
- Welcome breastfeeding mothers to breastfeed during the child care day
- Support all new parents' decisions about infant feeding

