HANDOUT 2

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
- 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.

2008 Children and Adolescents, ages 6-17, Recommendations—CDC



- 60 or more minutes of PA daily
- At least 3 days/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 are: age appropriate, enjoyable and offer variety



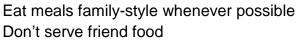
1. Physical Activity:

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



3. Food:

Serve fruits and vegetables at every meal



4. Beverages:

Provide access to water during meals and through the day

Don't serve sugar-sweetened drinks
For children age 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

2. Screen Time:

No screen time for children under 2 years (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

