

# Get active each day

Being active helps us stay healthy. Find lots of ways to be active each day.

## HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

Toddlers 1-2 years    Preschoolers 3-5 years



- Standing up
- Moving around
- Active toys

School age 5-12 years



Be active so your breathing and heart beats faster:



- fast walking
- riding a bike or scooter
- playing sport

Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)

This resource was developed by Western Sydney Local Health District, published June 2021.



HEALTHY EATING  
ACTIVE LIVING