

Physical activity and exercise guidelines for all Australians

Australia's physical activity and sedentary behaviour guidelines outline how much physical activity you should do, the importance of reducing the time you spend sitting or lying down, and how much sleep children and young people should get. Needs vary depending on your age.

About the guidelines

Staying active regularly is essential for good physical and mental health and wellbeing. This is true no matter how young or old you are. But the amount of activity varies, depending on your age.

To help Australians understand how much activity they need, we have developed physical activity and sedentary behaviour guidelines for each age group and for pregnancy.

These guidelines outline:

- how much physical activity you should do each day
- ideas to fit more physical activity into your daily lives
- the importance of reducing and breaking up the time you spend sitting or lying down when not sleeping
- how much sedentary screen time is recommended
- how much sleep children and young people should get
- how children and young people can get good quality sleep.

Summary by age

Children and young people

Recommendations	Under 12 months	1 to 2 years	3 to 5 years	5 to 17 years
Physical activity	Interactive floor-based play, and at least 30 minutes of tummy time for babies per day.	At least 3 hours of energetic play per day.	At least 3 hours per day, with 1 hour being energetic play.	At least 1 hour of moderate to vigorous activity involving mainly aerobic activities per day. Vigorous activities should be incorporated at least 3 days per week. Several hours of light activities per day.
Strength				At least 3 days a week.
Sedentary time	Do not restrain for more than 1 hour at a time.	Do not restrain for more than 1 hour at a time.	Do not restrain for more than 1 hour at a time.	Minimise and break up long periods of sitting.
Sedentary recreational screen time	None.	Under 2 years: None. 2 years: No more than 1 hour per day.	No more than 1 hour per day.	No more than 2 hours per day.
Continued...				

Sleep	0 to 3 months: 11 to 14 hours, including naps. 4 to 11 months: 12 to 16 hours.	10 to 13 hours. Some will still need naps.	5 to 13 years: 9 to 11 hours. 14 to 17 years: 8 to 10 hours.
	This includes naps.		

Adults

	Recommendations 18 to 64 years	Pregnancy	65 years and over
Physical activity	Be active on most (preferably all) days, to weekly total of: 2.5 to 5 hours of moderate activity or 1.25 to 2.5 hours of vigorous activity or an equivalent combination of both.	Be active on most (preferably all) days, to weekly total of: 2.5 to 5 hours of moderate activity or 1.25 to 2.5 hours of vigorous activity or an equivalent combination of both. Do pelvic floor exercises.	At least 30 minutes of moderate activity on most (preferably all) days.
Strength	At least 2 days a week.		Do a range of activities that incorporate fitness, strength, balance and flexibility.
Sedentary time	Minimise and break up long periods of sitting.	Minimise and break up long periods of sitting.	