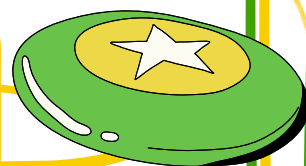


# GETTING YOUR CHILD ACTIVE

## Tips for Encouragement

- Focus on fun and variety
- Be a role model: kids mimic adult behaviour
- Use active transportation when possible (walking, cycling)
- Include families & friends: social aspects help
- Encourage small bouts of activity throughout the day



Age Group	Daily Goal	Notes/Highlights
Infants (0–12 mo)	Several times a day	Floor-based play: tummy time, reaching, crawling
Toddlers (1–2 yrs) & Preschoolers (3–5 yrs)	180 minutes total (of any intensity)	Gradually include at least 60 minutes energetic play by age 5
Children & Teens (6–17 yrs)	At least 60 minutes of moderate-to-vigorous activity every day	<ul style="list-style-type: none"> <li>• Vigorous activity 3+ days/week</li> <li>• Muscle &amp; bone strengthening</li> </ul>



## Activity Types:

- **Vigorous-intensity activities** make children sweat and feel “out of breath.”
- **Moderate-intensity activities** also make children sweat more and breathe a little harder but they can still talk while they move their bodies.
- **Activities that strengthen muscles and bones** can include jumping rope and running, or sports like tennis and basketball.



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