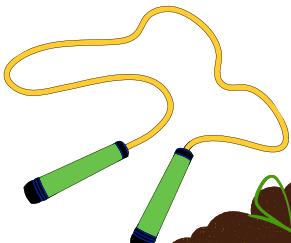


GETTING YOUR CHILD ACTIVE



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">• Vigorous activity 3+ days/week• Muscle & bone strengthening



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.



Speech-Language Pathology
UNIVERSITY OF TORONTO

