

# The Singapore Integrated 24-Hour Activity Guidelines for Children & Adolescents (7 to 18 years)

For physical, mental and social health, children and adolescents should acquire a lifestyle that integrates regular physical activity, limited sedentary behaviour, adequate sleep and good eating habits within each 24-hour period.

## PHYSICAL ACTIVITY

Accumulate at least an average of 60 minutes of moderate-to-vigorous physical activity each day in a week



Engage in muscle and bone strengthening exercises at least three times a week. This could be part of the daily 60 minutes of exercise



Undertake a variety of light physical activities throughout the day



Take the necessary precautions before, during and after exercise and see a doctor if you feel unwell



## SEDENTARY BEHAVIOUR

Build in regular breaks to move around during times of prolonged sitting or inactivity

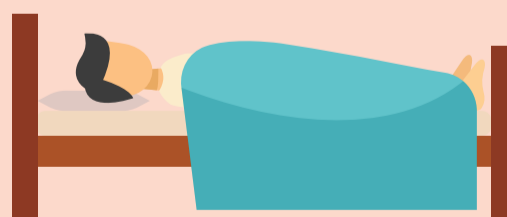


Limit recreational screen time as much as possible



## SLEEP

Have regular sleep of at least 9 hours for 7 to 13-year-olds, 8 hours for 14 to 17-year-olds and 7 hours for 18-year-olds



## DIET

Have regular meals consisting of nutritionally balanced food and drink



**Aim to achieve most or all recommendations on physical activity, sedentary behaviour, sleep and diet for the best results.**

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