

Children Need to be Physically Active to Learn and Grow.

Sweat and step guidelines for children 5 to 17 years of age:

Every day children should get:

- 60 minutes of an activity that will cause them to sweat and breathe harder, plus
- several hours of light physical activities.

Encourage children to do things that will strengthen their muscles and bones at least 3 days per week.

Help children be physically active with these tips:

- Role model by being an active parent.
- Plan physically active events for the family.
- Encourage children to walk or ride a bike to school.



Visit [csep.ca](https://www.csep.ca) to learn how much sleep, sitting, and exercise time a child or youth needs each day.