

# 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



**Tip 1: Monitor activity intensity with the “talk test”**

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



**Tip 2: Try weight-bearing activities (e.g. climb stairs) and resistance exercises (e.g. push-ups)**

Undertake a variety of light physical activities throughout the day



**Tip 3: Choose the more active movement options and aim 12,000 steps daily**

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



**Tip 4: Warning signs include persistent chest pain, breathlessness, dizziness, bone or joint pain during or after exercise**

# SEDENTARY BEHAVIOUR

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



**Tip 5: Daily recreational screen time of  $\geq 2$  hours have the most negative health effects**

Limit recreational screen time as much as possible



**Tip 6: Take 3-5 minutes breaks for every 30-60 minutes of sedentary behavior**

## SLEEP

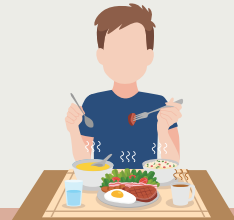
Have regular sleep of at least 9 hours for 7 to 13-year-olds, 8 hours for 14 to 17-year-olds and 7 hours for 18-year-olds



**Tip 7: Insufficient sleep increases risk of obesity, diabetes and depression**

## DIET

Have regular meals consisting of nutritionally balanced food and drink



**Tip 8: Have regular meal times and limit intake of sweetened foods and drinks**

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

### Talk Test

Use the Talk Test to determine your physical activity intensity.

#### Light

**Normal breathing rate - can sing or talk**

Activities: slow walking, stretching, light housework

#### Moderate

**Breathing getting faster - can carry a conversation but not sing**

Activities: brisk walking, cricket, leisurely swimming

#### Vigorous

**Gasping for breath - can't hold a conversation**

Activities: jogging, soccer, dancing



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