

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



SEIDENTARY BEHAVIOUR

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

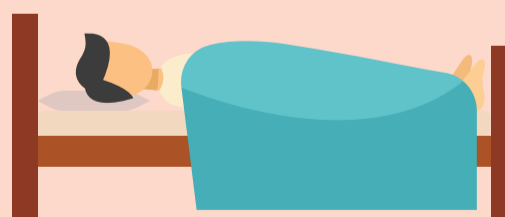


Limit recreational screen time as much as possible



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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