

How Much Physical Activity is Enough?

Physical Activity Recommendations for 5 – 12 year olds.

A combination of moderate and vigorous activities for at least 60 minutes a day is recommended.

This activity can be built up throughout the day with a variety of activities.

Children typically accumulate activity in intermittent bursts ranging from a few seconds to several minutes, so any sort of active play will usually include some vigorous activity.

Children need the opportunity to participate in a variety of activities that are fun and which suit their interests, skills and abilities. Variety will also offer children a range of health benefits, experiences and challenges.

Children shouldn't spend more than two hours a day using electronic media for entertainment (eg. Computer games, TV, internet), particularly during daylight hours.

The Australian Government Department of Health and Aging website has detailed physical activity guideline information for all Australians.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/port al-Physical+activity>

Healthy Food and Drink Supply for South Australian Schools and Preschools

Green – choose plenty

Amber – Select carefully

Red – occasionally

www.decs.sa.gov.au/eatwellsa