

A HEALTHY 24-HOUR DAY INCLUDES...



BABIES
(BIRTH TO 1 YEAR)



TODDLERS
(1 & 2 YEARS)



PRE-SCHOOLERS
(3, 4 & 5 YEARS)

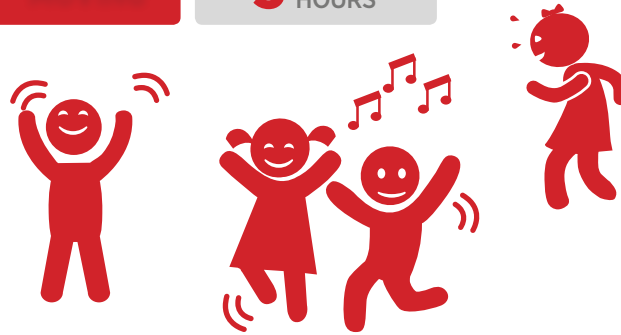
MOVING

30 MINUTES



MOVING

3 HOURS



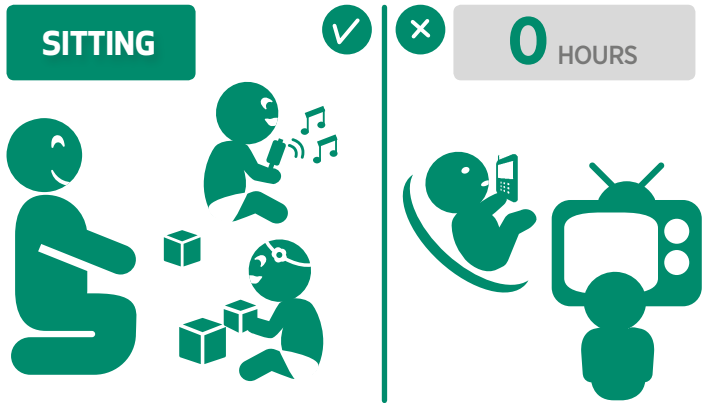
MOVING

3 HOURS



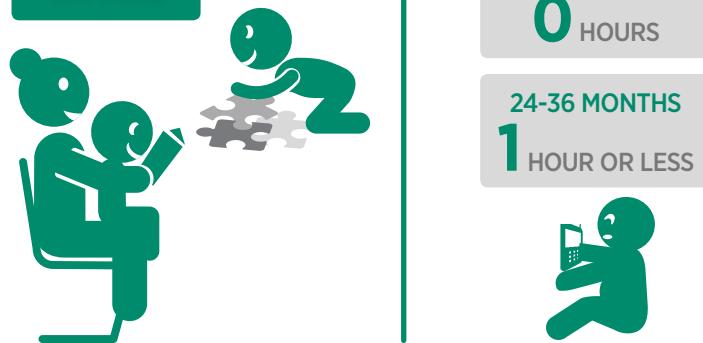
SITTING

✓ ✗ **0** HOURS



SITTING

✓ ✗ **0** HOURS



12-24 MONTHS
0 HOURS

24-36 MONTHS
1 HOUR OR LESS

SITTING

✓ **1** HOUR OR LESS



SLEEPING

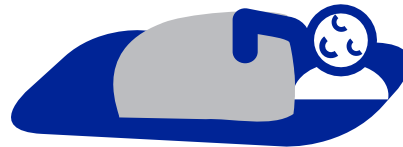
0-3 MONTHS
14-17 HOURS

4-11 MONTHS
12-16 HOURS



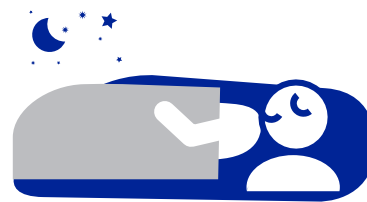
SLEEPING

11-14 HOURS



SLEEPING

10-13 HOURS



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SPORT
- FOR -
GOOD

SOUTH AFRICA