A HEALTHY 24-HOUR DAY INCLUDES...

**BABIES (BIRTH TO 1 YEAR)**
- Moving: 30 minutes
- Sitting: 0 hours
- Sleeping: 14-17 hours

**TODDLERS (1 & 2 YEARS)**
- Moving: 3 hours
- Sitting: 12-24 months - 0 hours, 24-36 months - 1 hour or less
- Sleeping: 11-14 hours

**PRE-SCHOOLERS (3, 4 & 5 YEARS)**
- Moving: 3 hours
- Sitting: 1 hour or less
- Sleeping: 10-13 hours

**Notes:**
- Babies: Birth to 1 year
- Toddlers: 1 to 2 years
- Pre-Schoolers: 3 to 5 years

**DST NRF Centre of Excellence in Human Development**
**Individual and Society**
**SPORT FOR GOOD**
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