



Have you **moved** enough today?



SLEEP

- 5–13 year olds need 9–11 hours per night.
- 14–17 year olds need 8–10 hours per night.



PHYSICAL ACTIVITY

Aim for 60 minutes or more per day – the more you huff & puff the better!



INACTIVITY

Move more & sit less in your spare time.

Find out more at www.health.gov.au

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

