

Australia's Physical Activity and Sedentary Behaviour Guidelines



Every Day

60 minutes exercise that raises your heart rate.
Include some light physical exercise.

Three Times a Week

Muscle and bone strengthening exercise.



Screen Time

2 hours per day maximum.

Sedentary Behaviour

Move often - interrupt long periods of inactivity.



Sleep

Go to bed and get up at the same time.
Aim for 9-11 hours of uninterrupted sleep
every night.



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