

## Toddlers (19 months – 5 years)

*Children who can walk on their own*

- Physically active every day for at least 180 minutes (three hours).
  - spread throughout the day,
  - indoors or outside
- Light activity:
  - standing up
  - moving around
  - walking
  - less energetic play
- Active Play
  - hide and seek
  - “stuck in the mud”
  - running around (tag and other yard games)
  - jumping on a trampoline
  - riding a bike
  - dancing
  - playing on monkey bars
  - swimming/playing in the water
  - climbing
  - skipping rope
  - gymnastics
  - playing ball games

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Contact [healthybahamascoalition@gmail.com](mailto:healthybahamascoalition@gmail.com) for more information.

Obtain permission from your primary health provider before beginning any physical fitness routine