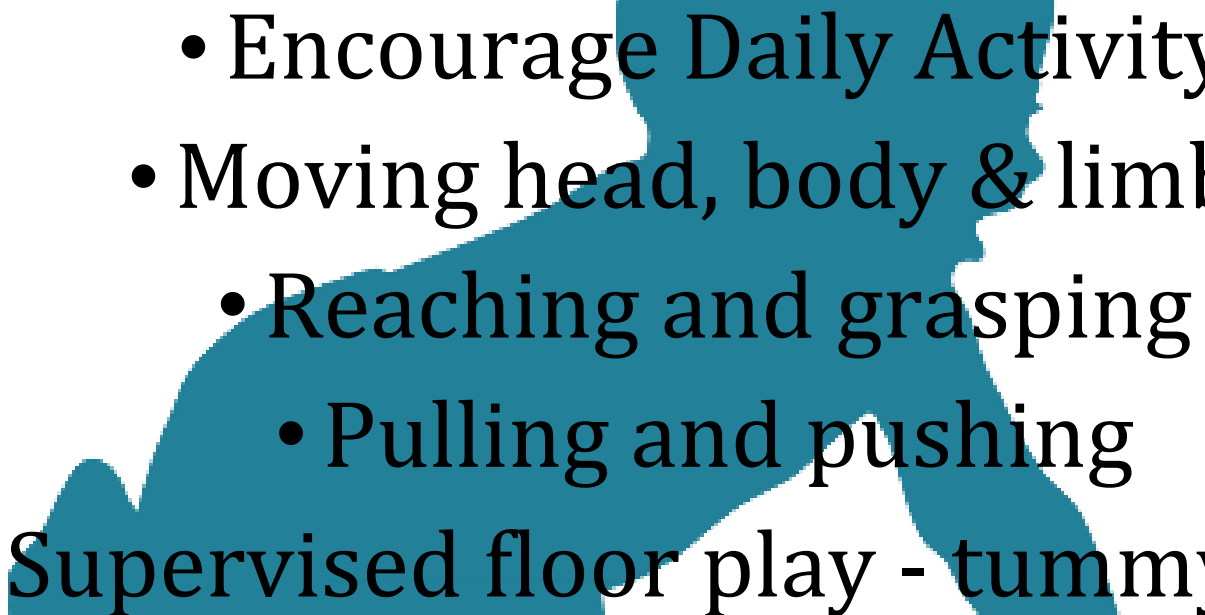


NATIONAL PHYSICAL ACTIVITY GUIDELINES



Ministry of Health

Babies (0-18 months)

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- Encourage Daily Activity
 - Moving head, body & limbs
 - Reaching and grasping
 - Pulling and pushing
 - Supervised floor play - tummy time

September 2018 (Adapted from WHO Physical Activity Guidelines)

Contact healthybahamascoalition@gmail.com for more information.

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