

Appendix 1 – Physical Activity Guidelines

Current Physical Activity Guidelines

Guidance around physical activity varies by age. The Chief Medical Officer's suggested activity for each age group is shown in the table below.

AGE GROUP		PHYSICAL ACTIVITY GUIDANCE
CHILD	Birth – 1 year	<ul style="list-style-type: none">• At least 30 minutes across the day of tummy time
	1-2 years	<ul style="list-style-type: none">• At least 180 minutes across the day, including playing outdoors
	3-4 years	<ul style="list-style-type: none">• At least 180 minutes a day, including at least 60 minutes of moderate-to-vigorous intensity physical activity
	5-18 years	<ul style="list-style-type: none">• At least 60 minutes of moderate intensity physical activity per day across the week• Should involve aerobic exercise and activities to strengthen muscles and bones
ADULT	19-64 years	<ul style="list-style-type: none">• At least 150 minutes of moderate intensity exercise per week or at least 75 minutes of vigorous intensity exercise per week, or a combination of the two• Strengthening exercises on at least 2 days a week
OLDER ADULT	65 years +	<ul style="list-style-type: none">• At least 150 minutes of moderate intensity exercise per week or at least 75 minutes of vigorous intensity exercise per week, or a combination of the two• Strengthening exercises on at least 2 days a week

Moderate physical activity is described as exercise where you can still talk, but not sing. Examples of moderate activity include:

- Brisk walking
- Riding a bike on the flat
- Playground activities
- Dancing
- Hiking

Vigorous physical activity is described as exercise where “you will not be able to say more than a few words without pausing for breath.” Examples of vigorous activity include:

- Jogging or running
- Riding a bike fast or on hills
- Aerobics
- Swimming fast
- Singles tennis
- Football
- Martial arts

Examples of muscle strengthening activities include:

- Carrying heavy shopping bags
- Yoga or Pilates
- Tai chi
- Lifting weights or working with resistance bands
- Doing exercises that use your own body weight, such as push-ups and sit-ups
- Heavy gardening, such as digging and shovelling