

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PRESCHOOL CHILDREN (0 - 6 YEARS)

Preschool children should meet all recommendations for physical activity, sedentary behaviour and sleep habits to reap health benefits associated with regular physical activity and reduced sedentary behaviour.



MOVE WITH FUN & GROW

RECOMMENDATIONS

0-2 YEARS:

SEDENTARY TIME	PHYSICAL ACTIVITY	QUALITY SLEEP
START PLAYING Limit the amount of time spent being sedentary, with recreational screen time not recommended. Instead, engage in imaginative play and storytelling activities.	PLAY MORE <u>0-1 years</u> Encourage interactive floor-based activities for a minimum of 30-minutes a day. <u>1-2 years</u> Spend at least 180 minutes doing a variety of physical activities of any intensity, spread throughout the day. Aim for daily outdoor play.	SLEEP WELL 0-3 months: 14 to 17 hours 4-11 months: 12 to 15 hours 1-2 years: 11 to 14 hours

3-6 YEARS:

SEDENTARY TIME	PHYSICAL ACTIVITY	QUALITY SLEEP
START PLAYING Limit the amount of time spent being sedentary, keeping recreational screen time to less than an hour a day.	PLAY MORE Spend at least 180 minutes doing a variety of physical activities, of which at least 60 minutes should be moderate- to vigorous-intensity activity, spread throughout the day.	SLEEP WELL 3-4 years: 10 to 13 hours 5-6 years: 9 to 13 hours

TIPS



Create a home environment that encourages movement and exploration.



Introduce activity-based games. E.g. Animal movements, dance activity.



Encourage a wide variety of movements like running, jumping, catching, throwing, and kicking, in different environments, to build Fundamental Movement Skills (FMS).

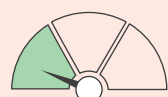


Visit outdoor playgrounds for your child to engage in social play and interact with others while being active.

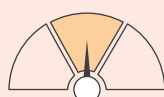


Establish a consistent bedtime routine to help your child develop good habits.

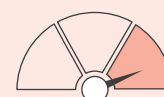
EXERCISE INTENSITY



Light
Can talk in full sentences and sing



Moderate
Can talk in phrases or short sentences but cannot sing

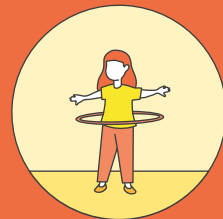


Vigorous
Have difficulty talking



SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR SCHOOL CHILDREN & YOUTHS (7 - 17 YEARS)

School children and youths can engage in physical activity through many different settings and not only through recreation and leisure, such as home, in school, and in community settings. They should meet all recommendations for physical activity, sedentary behaviour and sleep habits to reap health benefits associated with regular physical activity and reduced sedentary behaviour.



MOVE WITH PLAY & GROW



RECOMMENDATIONS

PLAY FOR 60 & MIX IT UP / Physical Activity

Accumulate an average of **60 minutes in moderate- to vigorous-intensity aerobic activity per day across the week.**

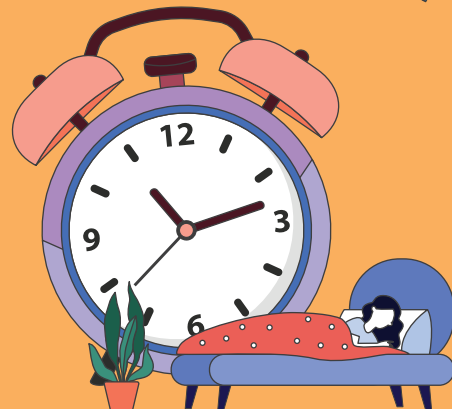
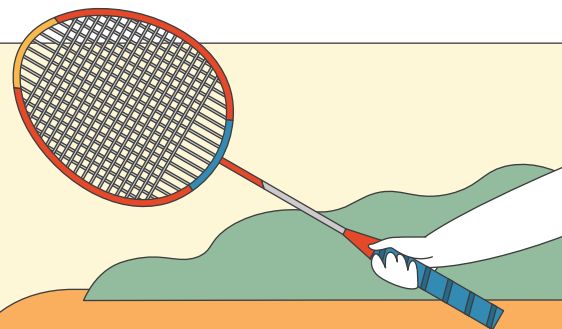
*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

A variety of **vigorous-intensity aerobic activities, muscle- and bone-strengthening exercises** should be incorporated **at least 3 days a week** to promote the development of movement skills.



PLAY MORE / Sedentary Behaviour

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activities of any intensity, including those of light-intensity.**



SLEEP WELL / Quality Sleep

7-13 years: **9 to 12 hours**
14-17 years: **8 to 10 hours**

TIPS



Incorporate active travel into the weekly routine, such as walking or cycling to school.



Explore a variety of activities to help school children and youths develop active hobbies or interests.



Visit outdoor playgrounds for your child to engage in social play and interact with others while being active.



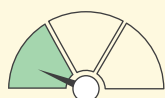
Stand up while studying or take movement breaks in between study sessions.



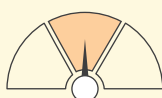
Consider joining a sports team/club/organisation to experience physical activity in a social setting, which helps school children and youths stay motivated.



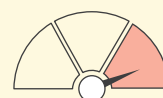
EXERCISE INTENSITY



Light
Can talk in full sentences and sing



Moderate
Can talk in phrases or short sentences but cannot sing



Vigorous
Have difficulty talking

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR ADULTS (18 - 64 YEARS)

Adults are encouraged to engage in physical activity not only through recreation and leisure, but also when in different settings - At home (household chores), as a form of transportation (cycling, brisk walking, jogging), or in occupational and community settings.



MOVE MORE & THRIVE

RECOMMENDATIONS

GET MOVING AND MIX IT UP

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activity of any intensity**.

HIT 150 - 300

Aim for at least **150 to 300 minutes** of moderate-intensity aerobic physical activity per week.

*Every minute of vigorous-intensity activity can generally be considered as almost two minutes' worth of moderate-intensity activity.

GET STRONGER

Strengthen muscles, bones, and joints through activities at moderate- or vigorous-intensity, at least 2 days per week.

For those over 50 years, include **multi-component physical activity that emphasizes strength and functional balance at least 3 days of the week** at a moderate or greater intensity.

150-300 minutes

For adults with chronic conditions (e.g. Type-2 Diabetes and Hypertension), the recommendations and tips are still applicable.

If unsure of how to begin, consult a health professional to determine a suitable exercise regime for you.

TIPS



Incorporate active travel into your daily routine, such as heading out to purchase your food and groceries personally and rely less on food deliveries.



Start with some light-intensity activity as opposed to being inactive.



Work out your muscle groups through different activities such as jogging, swimming, and playing a racquet sport.

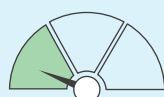


Start with small changes like taking the stairs instead of the lift, as better beats perfect.

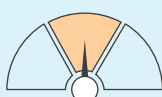


Being active can be enjoyable - try a new sport or explore one of the many local parks.

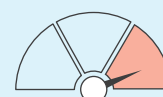
EXERCISE INTENSITY



Light
Can talk in full sentences and sing



Moderate
Can talk in phrases or short sentences but cannot sing



Vigorous
Have difficulty talking

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PREGNANT & POSTPARTUM WOMEN

Pregnant and postpartum women without contraindications are encouraged to engage in physical activity not only through recreation and leisure, but also when in different settings - At home (light household chores), as a form of transportation (cycling, walking, jogging), or in occupational and community settings.

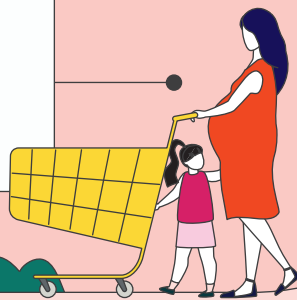


MOVE WITH CARE & NURTURE

RECOMMENDATIONS

KEEP MOVING

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activities of any intensity**.



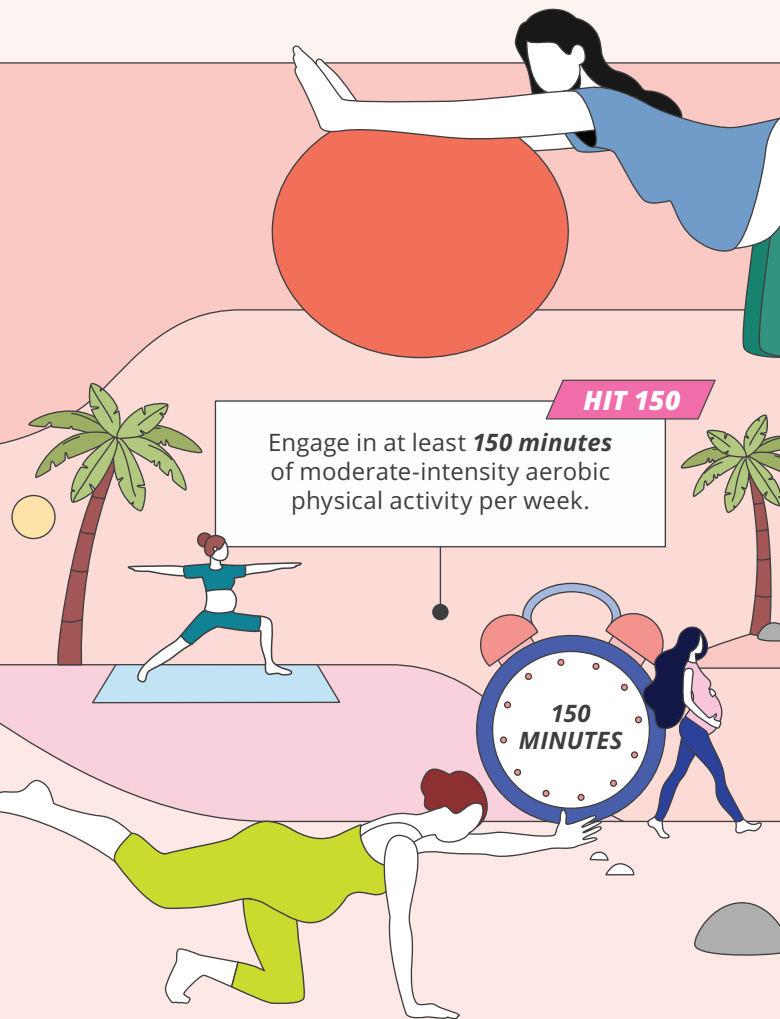
BUILD STRENGTH

Incorporate **muscle-strengthening** activities. Adding gentle stretching may also be helpful.



HIT 150

Engage in at least **150 minutes** of moderate-intensity aerobic physical activity per week.



TIPS



Doing some physical activity is better than none.



Ease into your physical activity routine progressively. Listen to your body and seek your doctor's recommendation on suitable activities if you are unsure of how to start.



Core strengthening activities and pelvic muscle training may be performed regularly to strengthen the trunk and reduce the risk of urinary incontinence.

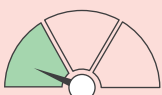


Start by doing small amounts of physical activity, and gradually increase frequency, intensity and duration over time.

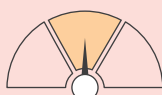


Avoid participating in activities which involve physical contact or a higher risk of falling.

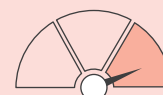
EXERCISE INTENSITY



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Vigorous
Have difficulty talking

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PERSONS WITH DISABILITIES

Persons with disabilities can achieve important health benefits from physical activity. They should try to meet these recommendations where possible and as able.



MOVE TOGETHER & INSPIRE

RECOMMENDATIONS

GET STRONGER

Strengthen muscles, bones, and joints through activities at least 2 days a week.

KEEP MOVING

Aim to **engage in physical activities every day**, including light-intensity activities.

HIT 150 - 300

Aim for at least **150 to 300 minutes of moderate-intensity aerobic physical activity per week**.

*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

150 - 300 minutes

TIPS



Avoid staying sedentary by spreading out some light-intensity activity throughout the day.



Turn workouts into social events by reaching out to your friends and family to exercise together for extra support and motivation.



Take a phased approach if necessary – gradually increasing the complexity and intensity of your activities.



Seek doctor's recommendations on suitable physical activities if unsure on how to start.



Listen to your body, reduce the intensity of your activities and adapt accordingly to prevent overexertion.

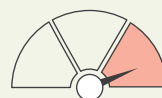
EXERCISE INTENSITY



Light
Can talk in full sentences and sing



Moderate
Can talk in phrases or short sentences but cannot sing



Vigorous
Have difficulty talking

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS (65 YEARS & ABOVE)

Older adults should engage in regular physical activity to improve overall wellbeing, enhance functional capacity, and prevent falls.



MOVE STRONG & BE BALANCED

RECOMMENDATIONS

RETAIN STRENGTH

Engage in muscle-strengthening activities on 2 or more days a week, at moderate or greater intensity, to keep muscles, bones, and joints strong.

Include **multi-component physical activity that emphasizes strength and functional balance at least 3 days of the week** at a moderate-intensity or greater.

HIT 150 - 300

Aim for at least **150 to 300 minutes of moderate-intensity aerobic physical activity per week.**

*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

150-300 minutes

KEEP MOVING

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activity of any intensity.**

For adults with chronic conditions (e.g. Type-2 Diabetes and Hypertension), the recommendations and tips are still applicable.

If unsure of how to begin, consult a health professional to determine a suitable exercise regime for you.

TIPS



Incorporate simple strength training exercises such as resistance band exercises when watching your favourite shows.



Engage in varied multi-component physical activity at home or in a structured group setting, which can combine aerobic, muscle-strengthening, and balance training into a session.



Walk or play sports with your family and friends; this is a great way to be active while spending quality time with your loved ones.



Play and try different sports with friends at publicly available sport facilities.

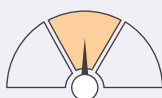


Make use of the outdoor fitness equipment around your community spaces or your built environment as you brisk walk around your neighbourhood.

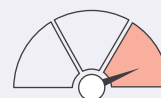
EXERCISE INTENSITY



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Moderate
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Vigorous
Have difficulty talking

