

PHYSICAL ACTIVITY GUIDELINES



Birth - 5 years

At least 180 minutes per day
(under 1s at least 30 minutes of
tummy time)

5 - 18 years

An average of at least 60
minutes per day across the
week



Adults

At least 150 minutes per week
+ strength building activities
on at least 2 days a week



Pregnant women

At least 150 minutes every
week + muscle strengthening
activities twice a week



Women 12 months after childbirth

At least 150 minutes every week +
pelvic floor exercises and strength
building activities twice a week