

# Physical Activity Guidelines for Preschool-Aged Children (ages 2 to 4)

Being physically active every day is important for **healthy growth and development** of your child. Whatever their level of ability, children need to be active!



## The Benefits of Exercise:

1. Build strong bones & muscles
2. Achieve & maintain healthy weight
3. Improve cognitive development
4. Develop motor skills, balance and coordination
5. Support learning of social skills



Preschool-aged children are encouraged to move and engage in unstructured and structured active play of at least **3 hours** a day

## Examples of Physical Activities:

### Moderate-Vigorous Intensity

- Tag
- Playground play
- Tricycle riding
- Jumping, dancing
- Swimming
- Catching/throwing/kicking games
- Toddler yoga/gymnastics classes

### Muscle Strengthening

- Climbing on playground equipment
- Gymnastics or tumbling
- Obstacle course



### Bone Strengthening

- Hopping, galloping, jumping
- Hopscotch
- Running
- Gymnastics or tumbling

## Tips on Increasing Physical Activities:

- Go outdoors – make sure kids have sun protection, such as sunscreen and hats
- Limiting screen time to 1 hour a day
- Be active together as a family

