For healthy growth and development:

- Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.

- Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:
  - A variety of activities in different environments.
  - Activities that develop movement skills.
  - Progression toward at least 60 minutes of energetic play by 5 years of age.

- More daily physical activity provides greater benefits.