

# Guidelines



# Why do we have guidelines?

- Provide guidance on types and amounts of activity that is beneficial for health
- Guides local, national and international public health surveillance
- Inform the development, implementation and evaluation of:
  - Physical activity programs
  - Public health policy
  - Public health promotion initiatives
- Helps individuals to make healthy choices



# How are they developed?

- Systematic reviews of physical activity and sedentary behaviour and associations with health indicators and outcomes
- Identify “critical” indicators for informing decisions
- Quality of evidence assessed
- Develop guidelines and identify knowledge gaps
- Stakeholder consultation
- Revise guidelines based on feedback

50 inter/national  
guidelines for  
children and  
adolescents

See (e.g.) Tremblay et al (2017) BMC Public Health



## Infants (<1 year)



- Physically active several times/day:
  - Interactive floor-based play
  - At least 30 min of tummy time
- Sedentary behaviour
  - Limit time restrained to less than 1 hour at a time
  - No screen time

## Toddlers (1-2 years)



- At least 3 hours (180 min) of various physical activities per day
  - Include energetic play
  - Fun, discovery time
- Sedentary behaviour
  - Limit time restrained to less than 1 hour at a time
  - Limit sitting/lying time
  - No sedentary screen time

Ref: Okely et al (2017) BMC Public Health



# Pre-schoolers (3-5 years)

- At least 3 hours (180 min) of various physical activities per day
  - Include energetic play
- Sedentary behaviour
  - Limit time restrained to less than 1 hour at a time
  - Limit sitting/lying time
  - <1 hour per day of sedentary screen time

Sleep included in  
24 hour  
movement  
behaviour  
guidelines

Ref: Okely et al (2017) BMC Public Health



# Children (5-12 years) and young people (13-17 years)

- Accumulate at least 60 min of moderate to vigorous physical activity (MVPA) every day
- At least 3 x week activities that are vigorous (VPA) and strengthen muscle and bone
- Several hours of light physical activities
- Limit sedentary recreational screen time to <2 hours per day
- Break up long periods of sitting time as often as possible
- For greater health benefits:
  - Replace sedentary time with MVPA while preserving sufficient sleep



Ref: Okely et al (2022) IJBNPA



# Adults (18-64 years)

- Be active most days, preferably every day
- 2.5 – 5 hours per week of moderate intensity physical activity (MPA)
- 1.25 – 2.5 hours per week of VPA
- Equivalent combination of MPA and VPA
- Muscle strengthen activities at least 2 days per week
- Reduce sitting time
- Break up long periods of sitting



# Older adults ( $\geq 65$ years)



- At least 30 min of MPA on most, preferably all days
- Try to incorporate different activities
  - Flexibility, balance, strength, moderate fitness
- Reduce sitting time – break up that time as often as possible





# Pregnant women

- Guidelines consistent with those recommended for adults
- If not physically active, build up gradually
- Any activity is better than none
- May need to modify activity during pregnancy – consultation with medical professionals



# Sub-populations

- World Health Organization (2020) launched guidelines for:
  - Adults ( $\geq 18$  years) with chronic conditions (e.g. cancer survivors, type 2 diabetics)
  - Children living with disability
  - Adults living with disability

See: <https://www.who.int/publications/i/item/9789240015128>

