



Australian 24 Hour Movement Guidelines for all Australians

The Australian Government has released new [24-hour Movement Guidelines](#)! This is an exciting update as the evidence on physical activity has grown and while most important elements remain the same, some entirely new elements have been added. These guidelines include physical activity, sedentary behaviour and sleep recommendations, along with a new daily step recommendation.

THE RECOMMENDATIONS

Physical activity is anything that gets your body moving, makes you breathe faster and speeds up your heart rate. Physical activity comes in many forms, including: incidental (eg. household chores), exercise (eg. swimming), sport (eg. netball) or muscle strengthening (eg. weights). Physical activity can be done at different intensities including light, moderate and vigorous.

The new recommendations are tailored to age group, as well as contain specific recommendations for people living with a disability and pregnancy. Below is a summary of recommendations for physical activity, sedentary behaviour and sleep for children, young people and adults within a day.

Children and Young People				
Recommendations	Under 12 months	1 to 2 years	3 to 5 years	5 to 17 years
Physical Activity	Interactive floor-based play, and at least 30 minutes of tummy time for babies per day.	At least 3 hours of energetic play per day.	At least 3 hours per day, with 1 hour being energetic play	At least 1 hour of moderate to vigorous activity involving mainly aerobic activities per day. Vigorous activities should be incorporated at least 3 days per week. Several hours of light activities per day.
Strength				At least 3 days a week.
Sedentary time	Do not restrain for more than 1 hour at a time.	Do not restrain for more than 1 hour at a time	Do not restrain for more than 1 hour at a time.	Minimise and break up long periods of sitting.
Sedentary recreational screen time	None.	Under 2 years: None. 2 years: No more than 1 hour per day.	No more than 1 hour per day.	No more than 2 hours per day
Sleep	0 to 3 months: 14 to 17 hours. 4 to 11 months: 12 to 16 hours. This includes naps.	11 to 14 hours, including naps	10 to 13 hours. Some will still need naps.	5 to 13 years: 9 to 11 hours. 14 to 17 years: 8 to 10 hours.

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Adults				
Category	Adults	Older Australians	People with Disability	People with Chronic Conditions
Physical Activity	Moderate to vigorous intensity physical activities for 30 minutes or more on most days. Muscle-strengthening activities on 2 or more days per week. Functional activities targeting mobility, balance, and coordination on 3 or more days per week. Several hours of light-intensity physical activity daily.		Moderate to vigorous intensity physical activities for 30 minutes or more on most days. Muscle-strengthening activities on 2 or more days per week. Functional activities targeting mobility, balance, and coordination on 3 or more days per week. Several hours of light-intensity physical activity daily.	
Sedentary Behaviour	Limit the amount of time spent being sedentary. Break up prolonged periods of sedentary behaviour as often as possible.			
Sleep	7-9 hours of good quality sleep for adults (7-8 hours for older adults), with consistent bed and wake up times.		Get sufficient, good quality sleep, with consistent bed and wake-up times.	

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IDEAS FOR GETTING MOVING

There are lots of ways to get moving! Combining movement with social connection, is not only great for our physical health but our mental health too. Below are a few ideas to get active with friends:

- **Walking Groups:** walking groups can improve heart health and endurance while providing opportunities to socialise, build friendships, and feel connected to a community. We have a variety of walking groups resources available for branches interested in starting up a walking group. These resources have been developed in partnership with [10 000 steps](#). If you are interested in starting a walking group, get in touch with your Country Kitchens buddy.
- **Lawn Bowls:** supports balance and coordination through gentle activity while encouraging teamwork, social interaction, and friendly competition.
- **Aqua Aerobics:** increases strength, flexibility, and fitness in a low-impact way while enjoying a fun and supportive group environment.
- **Yoga/Pilates:** enhances flexibility, strength, balance, and relaxation while fostering a sense of community and shared wellbeing in a group setting. Our chair yoga flip cards are great for those with limited mobility and are available to order from your Country Kitchen's Buddy or on the facilitator login area of the [website](#).

STEP RECOMMENDATIONS

Australians are now recommended to try and get in at least 7,000 steps per day. This is the first time there has been a recommended step count, but recent research shows that most of the health benefits from being active, such as the reduction in risk of cardiovascular disease, Cancers and more are achieved at this threshold. If your current baseline steps are low, thats okay! The most important thing is that your step increases are sustainable, over time you can continue to work your way up the step count.

If you would like to learn more about the new recommendation of 7,000 steps per day, you can check out the 10,000 steps blog all about it on their [website](#).