

The Singapore Integrated 24-Hour Activity Guidelines

Here are some of the guidelines that can improve the health of children and young people:



Accumulate at least an average of 60 minutes of moderate-to-vigorous physical activity each day in a week.



Engage in muscle and bone strengthening exercises at least three times a week. This could be part of the daily 60 minutes of exercise.



Undertake a variety of light physical activities throughout the day.



Limit recreational screen time as much as possible.



Build in regular breaks to move around during times of prolonged sitting or inactivity.



Have regular sleep of at least nine hours for children aged seven to 13, eight hours for those aged 14 to 17 and at least seven hours for 18-year-olds.



Take the necessary precautions before, during and after exercise and see a doctor if you feel unwell.



Have regular meals consisting of nutritionally balanced food and drink.