

A HEALTHY 24-HOUR DAY INCLUDES...



BABIES
(BIRTH TO 1 YEAR)



TODDLERS
(1 & 2 YEARS)



PRE-SCHOOLERS
(3, 4 & 5 YEARS)

MOVING

30 MINUTES



MOVING

3 HOURS



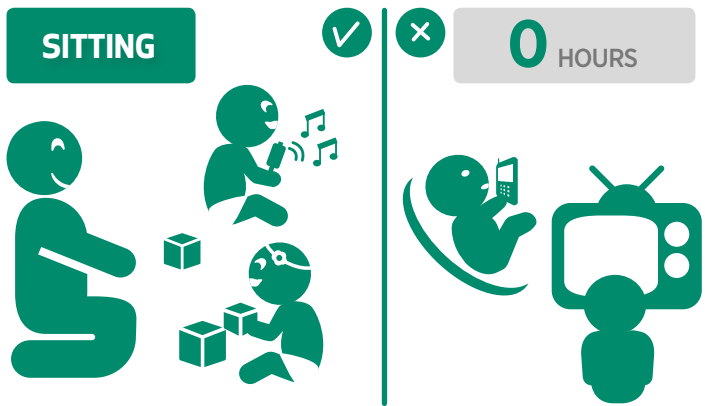
MOVING

3 HOURS



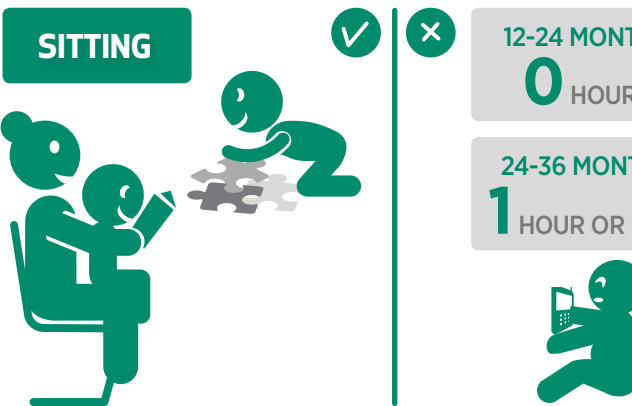
SITTING

✓ ✗ **0** HOURS



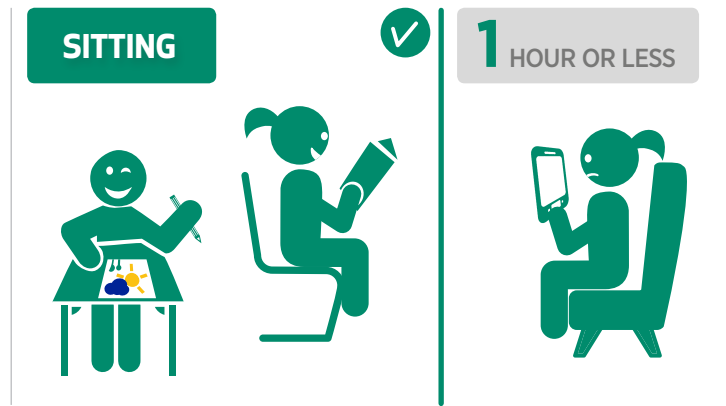
SITTING

✓ ✗ **0** HOURS
12-24 MONTHS
1 HOUR OR LESS
24-36 MONTHS



SITTING

✓ **1** HOUR OR LESS



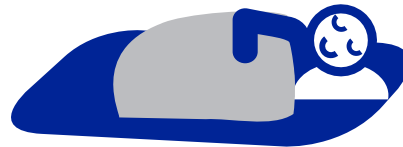
SLEEPING

0-3 MONTHS
14-17 HOURS
4-11 MONTHS
12-16 HOURS



SLEEPING

11-14 HOURS



SLEEPING

10-13 HOURS



Laureus

SPORT
- FOR -
GOOD

SOUTH AFRICA