YOUR DAILY MOVEMENT & REST GUIDE

A gentle, beautifully simple guide to Australia’s 24-hour movement recommendations - for every stage of life.

A whole-day approach

Movement, time spent sitting and quality sleep all matter. The recommendations change with age and individual circumstances. Use the sections that apply to you and start with what feels manageable.

Adults 18-64

MOVE THROUGH YOUR DAY

Aim for at least 30 minutes of moderate-to-vigorous activity on most days, plus several hours of lighter movement throughout the day. A brisk walk, cycling or dancing can all count.

BUILD STRENGTH + STAY MOBILE

Include muscle-strengthening activities on 2 or more days each week. Add mobility, balance and coordination activities on 3 or more days each week.

SIT LESS + SLEEP WELL

Limit long stretches of sitting and interrupt them often. Aim for 7-9 hours of good-quality sleep, with consistent bed and wake times.

Gentle reminder: any movement you can do is a meaningful place to begin.

GUIDELINES FOR EVERY AGE

Select the age range relevant to you or your family. Sleep ranges below are per 24 hours.

BABIES | Under 12 months

Encourage interactive floor play; for babies not yet mobile, aim for at least 30 minutes of tummy time spread through the day while awake. Avoid restraining for over an hour at a time and avoid sedentary screen time.

Sleep: 14-17 hours at 0-3 months; 12-16 hours at 4-11 months, including naps.

TODDLERS | 1-2 years

Aim for at least 3 hours of energetic play spread through the day. Avoid being restrained for more than an hour at once. No sedentary screen time for children under 2; at age 2, no more than 1 hour daily.

Sleep: 11-14 hours, including naps.

PRESCHOOLERS | 3-5 years

Aim for at least 3 hours of activity daily, including 1 hour of energetic play. Limit sedentary recreational screen time to no more than 1 hour daily.

Sleep: 10-13 hours; some children still need naps.

CHILDREN + TEENS | 5-17 years

Aim for at least 60 minutes of moderate-to-vigorous activity daily, mainly aerobic, plus several hours of light activity. Include vigorous activity and muscle- and bone-strengthening activities on at least 3 days each week. Break up long periods of sitting and limit recreational sedentary screen time to no more than 2 hours daily.

Sleep: 9-11 hours for ages 5-13; 8-10 hours for ages 14-17.

MOVEMENT FOR YOUR SEASON

The same foundations apply, with adjustments for life stage and personal needs.

OLDER ADULTS | 65+

Aim for at least 30 minutes of moderate-to-vigorous movement on most days, plus lighter daily activity. Include strength work at least twice a week and mobility, balance and coordination activities at least 3 days a week. Break up prolonged sitting.

Aim for 7-8 hours of good-quality sleep and consistent sleep and wake times.

PREGNANCY

When appropriate for your pregnancy, be active on most, ideally all, days. Across the week, aim for 2.5-5 hours of moderate activity or 1.25-2.5 hours of vigorous activity, or a combination. Add strengthening exercise at least twice weekly and pelvic floor exercises. Reduce long periods of sitting.

Discuss suitable activity and any pregnancy-related restrictions with your maternity care professional.

DISABILITY OR CHRONIC CONDITIONS

Movement, strength, mobility and rest remain important. Your safest and most useful activities may need to be adapted to your abilities, symptoms and clinical advice. Check the government's dedicated guidance for your circumstances.

ABOUT THIS GUIDE

This is a reader-friendly summary of the Australian Government Department of Health, Disability and Ageing's 24-hour movement guidelines, last updated 28 April 2026. It is an independent Likha Love design, not an official government publication. For full details and updates, use the source below.

Read the official Australian Government guidelines

General information only; not individual medical advice. If you have a health condition, disability, injury or pregnancy-related concern, seek advice suited to your situation.