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Whatever their level of ability, children need to be active. Toddlers and pre-schoolers should be physically active every day for at least three hours, spread throughout the day.

Move and Play Every Day

extranet.who.int : ncdccs : Dataü Move and Play Every Day

How much is enough? Physical activity guidelines for toddlers recommend that each day they: get at least 30 minutes of structured (adult-led) physical activity. get at least 60 minutes of unstructured (active free play) physical activity.

Fitness and Your 2- to 3-Year-Old (for Parents) - Nemours KidsHealth

kidshealth : parents : fitness-2-3ü Fitness and Your 2- to 3-Year-Old (for Parents) - Nemours KidsHealth

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