How does participation in physical activity change across the life stages?

### Percentage of people who meet Australia’s physical activity guidelines

- **Aged 2–17**: 30%
- **Aged 18 and over**: 44%

### Percentage of children who exceed the guidelines for sedentary or screen-based behaviour

- **Aged 2–5**: 75%
- **Aged 5–12**: 65%
- **Aged 13–17**: 80%

### Top 5 barriers to participating in sport or recreational physical activities

**Aged 18–64**

- Not enough time/too many commitments: 37%
- Poor health or injury: 18%
- Physical job: 9%
- Don't like sport/physical activity: 6%
- Not a priority: 6%

**Aged 65 +**

- Poor health or injury: 48%
- Increasing age/too old: 18%
- Not enough time/too many commitments: 11%
- Disability: 11%
- Not a priority: 6%
Indigenous children and young people were twice as likely to meet the physical activity guideline, compared with non-Indigenous children

| Aged 5–12 | Indigenous | 60% |
| Aged 13–17 | Indigenous | 33% |
|            | Non-Indigenous | 45% |
|            | Non-Indigenous | 19% |

### Summary of Australian Physical Activity and Sedentary Behaviour Guidelines

<table>
<thead>
<tr>
<th>Ages 2–5¹</th>
<th>Ages 5–12²</th>
<th>Ages 13–17</th>
<th>Ages 18–64</th>
<th>Ages 65 and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity</td>
<td>At least 180 minutes per day</td>
<td>At least 60 minutes per day</td>
<td>At least 60 minutes per day</td>
<td>At least 150 minutes over 5 sessions per week</td>
</tr>
<tr>
<td>Sedentary or screen-based activity</td>
<td>Should not be restrained for more than 60 minutes at a time³</td>
<td>No more than 120 minutes of screen use</td>
<td>No more than 120 minutes of screen use</td>
<td>Minimise and break up prolonged periods of sitting</td>
</tr>
<tr>
<td>Strength</td>
<td>N/A</td>
<td>Muscle strengthening activities 3 times a week</td>
<td>Muscle strengthening activities 3 times a week</td>
<td>Muscle strengthening activities 2 times a week</td>
</tr>
</tbody>
</table>

¹This group includes those aged 5 who are not yet in full-time schooling (for example, pre-schoolers).
²This group includes those aged 5 who are in full-time schooling.
³Examples include being restrained in a stroller, car seat or high chair.