



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

Percentage of people who meet Australia's physical activity guidelines



30%

Aged 2-17



44%

Aged 18 and over

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



Aged 2-5

75%



Aged 5-12

65%



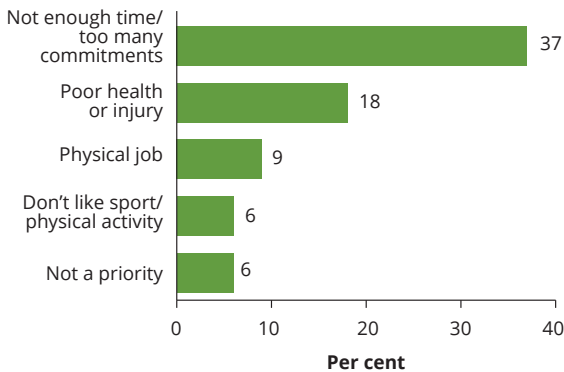
Aged 13-17

80%

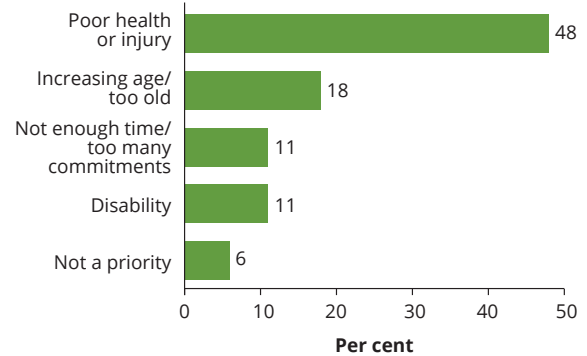
Top 5 barriers to participating in sport or recreational physical activities



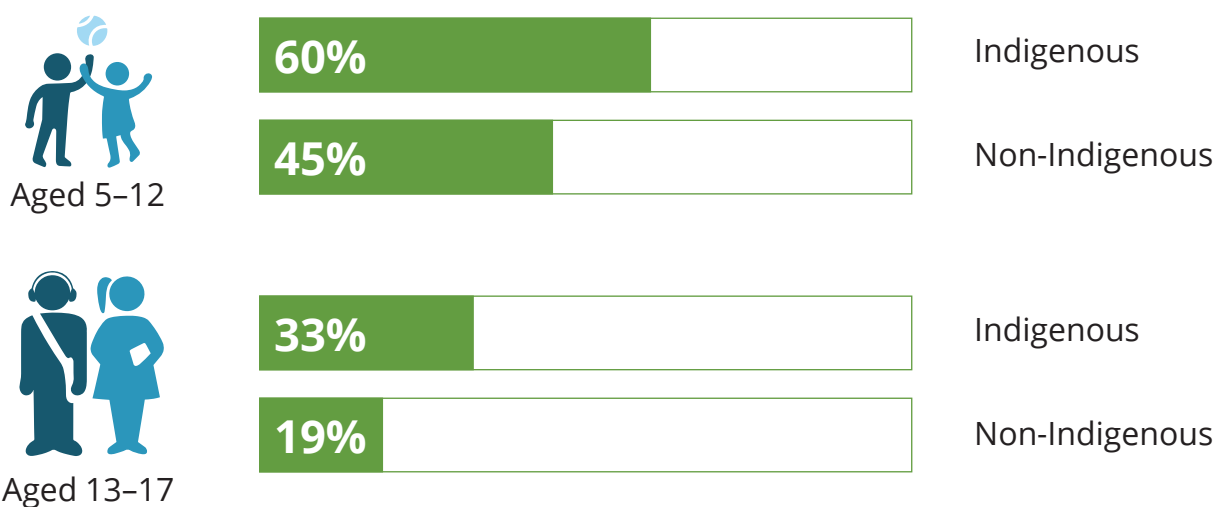
Aged 18-64



Aged 65 +



Indigenous children and young people were twice as likely to meet the physical activity guideline, compared with non-Indigenous children



Summary of Australian Physical Activity and Sedentary Behaviour Guidelines

	Ages 2-5 ¹	Ages 5-12 ²	Ages 13-17	Ages 18-64	Ages 65 and over
Physical activity	At least 180 minutes per day	At least 60 minutes per day	At least 60 minutes per day	At least 150 minutes over 5 sessions per week	At least 30 minutes per day
Sedentary or screen-based activity	Should not be restrained for more than 60 minutes at a time ³ No more than 60 minutes of sedentary screen time per day	No more than 120 minutes of screen use Break up long periods of sitting	No more than 120 minutes of screen use Break up long periods of sitting	Minimise and break up prolonged periods of sitting	Be as active as possible
Strength	N/A	Muscle strengthening activities 3 times a week	Muscle strengthening activities 3 times a week	Muscle strengthening activities 2 times a week	Incorporate muscle strengthening activities

¹ This group includes those aged 5 who are not yet in full-time schooling (for example, pre-schoolers).

² This group includes those aged 5 who are in full-time schooling.

³ Examples include being restrained in a stroller, car seat or high chair.