Have you moved enough today?

**SLEEP**
- 5–13 year olds need 9–11 hours per night.
- 14–17 year olds need 8–10 hours per night.

**PHYSICAL ACTIVITY**
Aim for 60 minutes or more per day – the more you huff & puff the better!

**INACTIVITY**
Move more & sit less in your spare time.

Find out more at [www.health.gov.au](http://www.health.gov.au)

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep*