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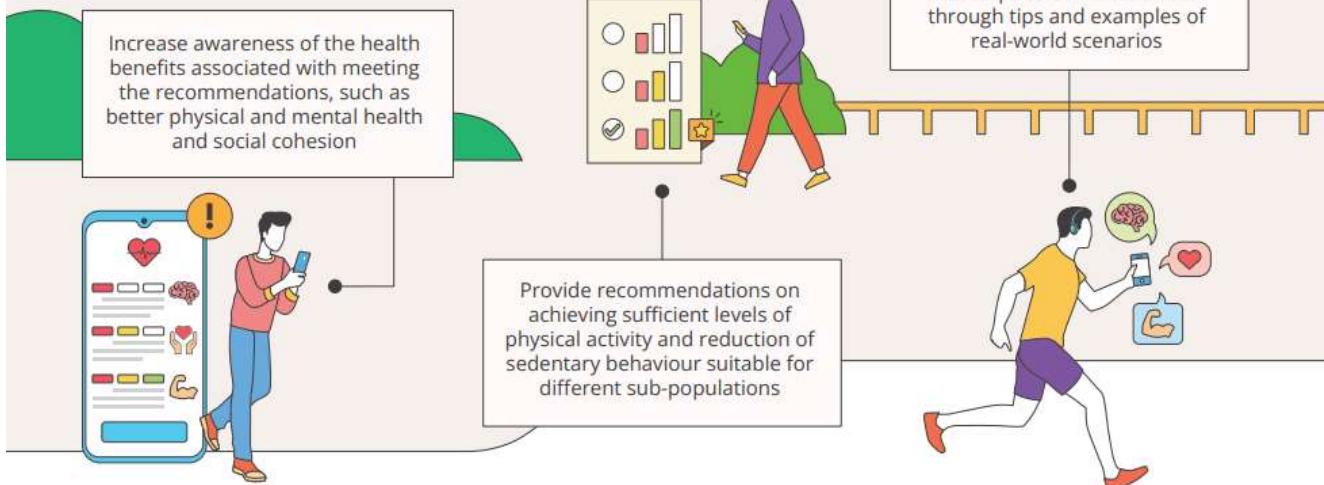
## About SPAG

The Singapore Physical Activity Guidelines (SPAG) is a set of revamped guidelines for physical activities. The guidelines are designed as a national reference point for policymakers and practitioners involved in promoting physical activity and reducing sedentary behaviour, and also caters to the general community to educate themselves and learn simple but practical tips to get started and strive towards meeting the physical activity recommendations. Applying practical tips into daily life and build towards an active lifestyle, one step at a time regardless of life stage and level of readiness.

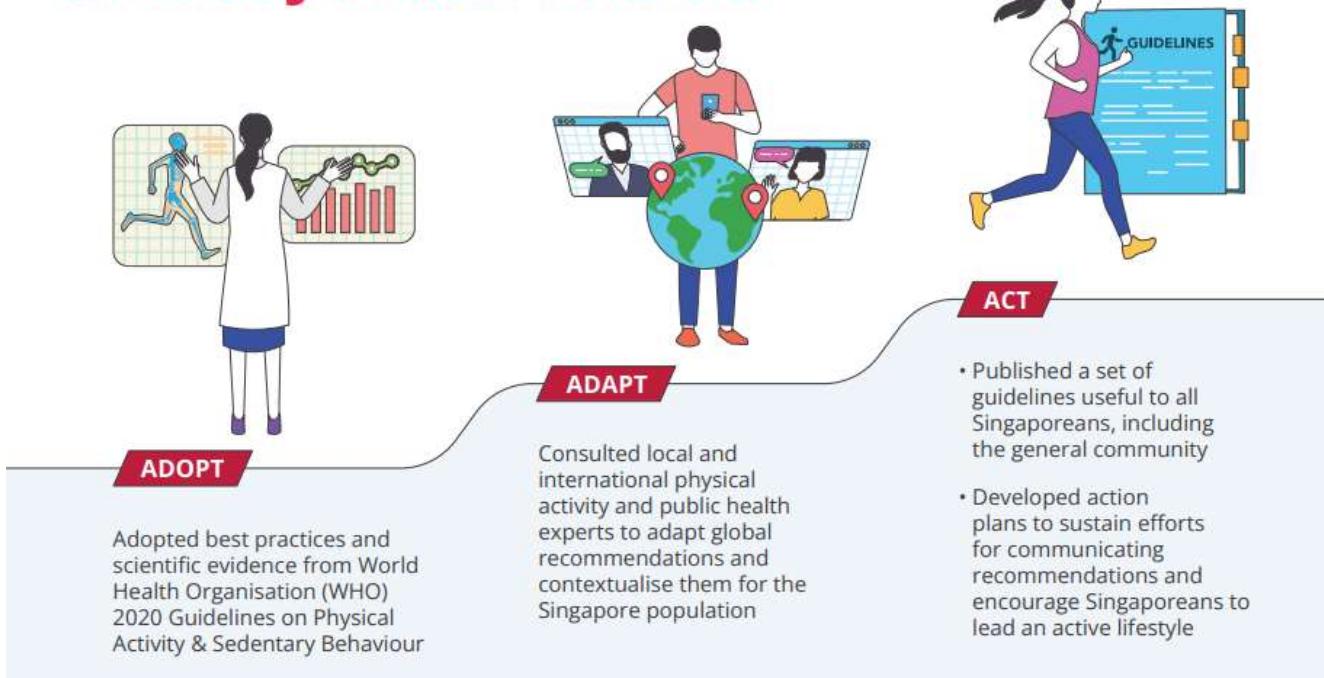
Adopting the best practices from the WHO Guidelines on Physical Activity and Sedentary Behaviour, SPAG seeks to provide public health recommendations for children, youths, adults and older adults on the amount of physical activity (Frequency, intensity, and duration) required to achieve significant health benefits and mitigate health risks.

SPAG is jointly developed by a committee of experts from medical, health promotion, sport and research fields, chaired by representatives from Sport Singapore and Health Promotion Board.

## SPAG OBJECTIVES



## 3-STAGE JOURNEY OF SPAG



To find out more about the Singapore Physical Activity Guidelines, download the full version of the guidelines [here](#):

### SPAG GUIDEBOOK

Summary of Guidelines by Sub-Population

# PRESCHOOL CHILDREN

**SINGAPORE PHYSICAL ACTIVITY GUIDELINES  
FOR PRESCHOOL CHILDREN (0 - 6 YEARS)**

Preschool children should meet all recommendations for physical activity, sedentary behaviour and sleep habits to reap health benefits associated with regular physical activity and reduced sedentary behaviour.

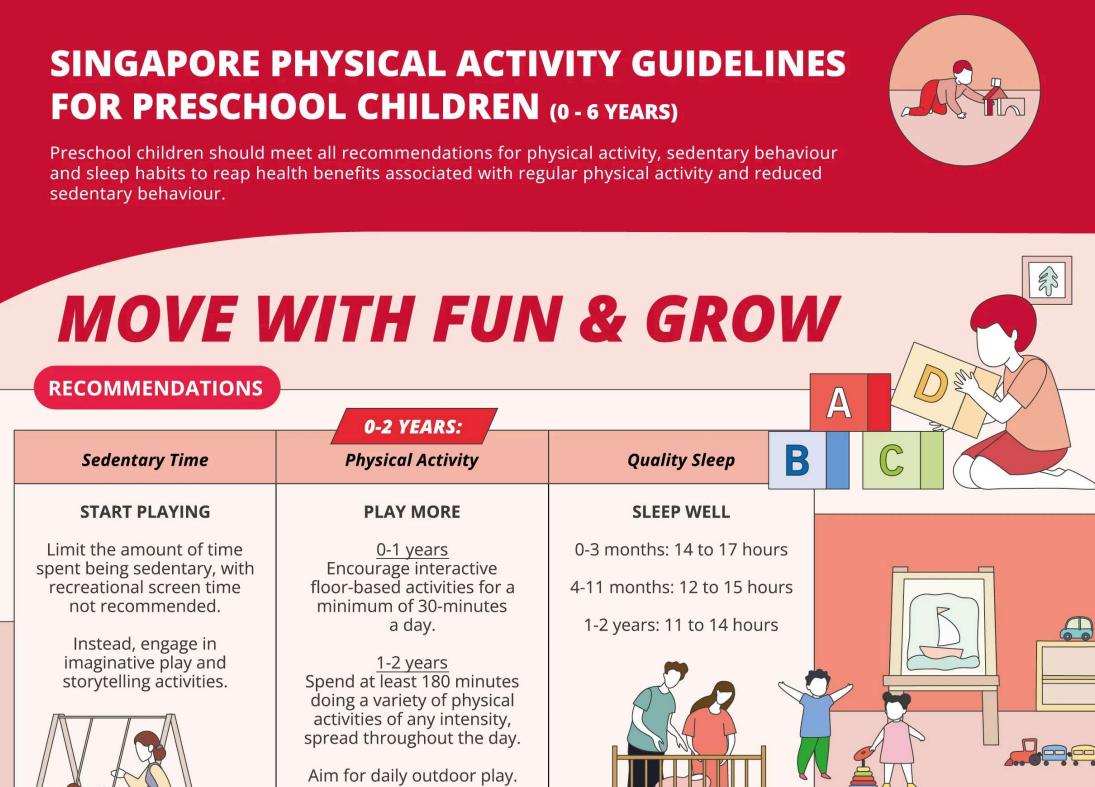
## MOVE WITH FUN & GROW

**RECOMMENDATIONS**

Sedentary Time	Physical Activity	Quality Sleep
<b>START PLAYING</b> Limit the amount of time spent being sedentary, with recreational screen time not recommended.  Instead, engage in imaginative play and storytelling activities.	<b>PLAY MORE</b> <u>0-1 years</u> Encourage interactive floor-based activities for a minimum of 30-minutes a day.  <u>1-2 years</u> Spend at least 180 minutes doing a variety of physical activities of any intensity, spread throughout the day.  Aim for daily outdoor play.	<b>SLEEP WELL</b> 0-3 months: 14 to 17 hours 4-11 months: 12 to 15 hours 1-2 years: 11 to 14 hours

**TIPS**

-  Create a home environment that encourages movement and exploration.
-  Introduce activity based games. E.g. Animal movements, dance activity.
-  Encourage a wide variety of movements like running, jumping, catching, throwing, and kicking, in different environments, to build Fundamental Movement Skills (FMS).
-  Visit outdoor playgrounds for your child to engage in social play and interact with others while being active.
-  Establish a consistent bedtime routine to help your child develop good habits.
- 

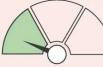
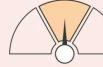
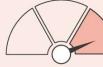


**A** **B** **C**

**3-6 YEARS:**

Sedentary Time	Physical Activity	Quality Sleep
<b>START PLAYING</b> Limit the amount of time spent being sedentary, keeping recreational screen time to less than an hour a day.	<b>PLAY MORE</b> Spend at least 180 minutes doing a variety of physical activities, of which at least 60 minutes should be moderate- to vigorous-intensity activity, spread throughout the day.	<b>SLEEP WELL</b> 3-4 years: 10 to 13 hours 5-6 years: 9 to 13 hours

**EXERCISE INTENSITY**

-  **Light**  
Can talk in full sentences and sing
-  **Moderate**  
Can talk in phrases or short sentences but cannot sing
-  **Vigorous**  
Have difficulty talking

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# SCHOOL CHILDREN & YOUTHS

## SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR SCHOOL CHILDREN AND YOUTHS (7 - 17 YEARS)

School children and youths can engage in physical activity through many different settings and not only through recreation and leisure, such as home, in school, and in community settings. They should meet all recommendations for physical activity, sedentary behaviour and sleep habits to reap health benefits associated with regular physical activity and reduced sedentary behaviour.



### MOVE WITH PLAY & GROW



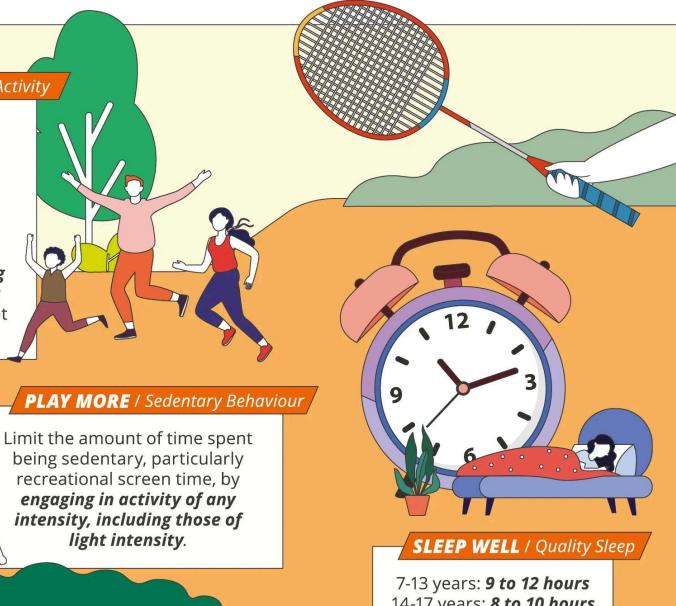
#### RECOMMENDATIONS

##### PLAY FOR 60 & MIX IT UP / Physical Activity

Accumulate an average of **60 minutes in moderate- to vigorous-intensity aerobic activity per day across the week**.

\* Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

A variety of **vigorous intensity aerobic activities, muscle and bone strengthening exercises** should be incorporated **at least 3 days a week** to promote the development of movement skills.



##### PLAY MORE / Sedentary Behaviour

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activity of any intensity, including those of light intensity**.



##### SLEEP WELL / Quality Sleep

7-13 years: **9 to 12 hours**  
14-17 years: **8 to 10 hours**

#### TIPS



Incorporate active travel into the weekly routine, such as walking or cycling to school.



Explore a variety of activities to help school children and youths develop active hobbies or interests.



Visit outdoor playgrounds for your child to engage in social play and interact with others while being active.



Stand up while studying or take movement breaks in between study sessions.



Consider joining a sports team/club/organisation to experience physical activity in a social setting, which helps school children and youths stay motivated.

#### EXERCISE INTENSITY



##### Light

Can talk in full sentences and sing



##### Moderate

Can talk in phrases or short sentences but cannot sing



##### Vigorous

Have difficulty talking

# ADULTS

**SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR ADULTS (18 - 64 YEARS)**

Adults are encouraged to engage in physical activity not only through recreation and leisure, but also when in different settings - at home (household chores), as a form of transportation (cycling, brisk walking, jogging), or in occupational and community settings.



## MOVE MORE & THRIVE

**RECOMMENDATIONS**

**GET MOVING & MIX IT UP**

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activity of any intensity**.

**HIT 150 - 300**

Aim for at least **150 to 300 minutes** of moderate-intensity aerobic activity per week.  
\*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

**GET STRONGER**

**TIPS**

**Strengthen muscles, bones, and joints through activities, at moderate- or vigorous-intensity, at least 2 days per week.**

For those over 50 years, include **multi-component physical activity that emphasizes strength and functional balance at least 3 days of the week** at a moderate or greater intensity.

Incorporate active travel into your daily routine, such as heading out to purchase your food and groceries personally and rely less on food deliveries.

Start with some light-intensity activity as opposed to being inactive.

Start with small changes like taking the stairs instead of the lift, as better beats perfect.

Work out your muscle groups through different activities such as jogging, swimming, and playing a racquet sport.

Being active can be enjoyable - try a new sport or explore one of the many local parks.

**EXERCISE INTENSITY**

**Light**  
Can talk in full sentences and sing

**Moderate**  
Can talk in phrases or short sentences but cannot sing

**Vigorous**  
Have difficulty talking



# PREGNANT & POSTPARTUM WOMEN

## SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PREGNANT & POSTPARTUM WOMEN



Pregnant and postpartum women without contraindications are encouraged to engage in physical activity not only through recreation and leisure, but also when in different settings - At home (light household chores), as a form of transportation (cycling, walking, jogging), or in occupational and community settings.

# MOVE WITH CARE & NURTURE

## RECOMMENDATIONS

### KEEP MOVING

Limit the amount of time spent being sedentary, particularly recreational screen time, by **engaging in activity of any intensity**.



### BUILD STRENGTH

Incorporate **muscle strengthening** activities. Adding gentle stretching may also be helpful.



### HIT 150

Engage in at least **150 minutes** of moderate-intensity aerobic physical activity per week.



## TIPS



Doing some physical activity is better than none.



Ease into your physical activity routine progressively. Listen to your body and seek your doctor's recommendation on suitable activities if you are unsure of how to start.



Core strengthening activities and pelvic muscle training may be performed regularly to strengthen the trunk and reduce the risk of urinary incontinence.

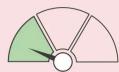


Start by doing small amounts of physical activity, and gradually increase frequency, intensity and duration over time.



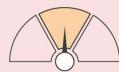
Avoid participating in activities which involve physical contact or a higher risk of falling.

## EXERCISE INTENSITY



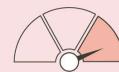
### Light

Can talk in full sentences and sing



### Moderate

Can talk in phrases or short sentences but cannot sing



### Vigorous

Have difficulty talking

# PERSONS WITH DISABILITIES

## SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PERSONS WITH DISABILITIES

Persons with disabilities can achieve important health benefits from physical activity. They should try to meet these recommendations where possible and as able.



# MOVE TOGETHER & INSPIRE

### RECOMMENDATIONS

#### GET STRONGER

**Strengthen muscles, bones, and joints** through activities at least 2 days a week.



#### KEEP MOVING

Aim to **engage in physical activities every day**, including light intensity activities.



#### HIT 150 - 300

Aim for at least **150 to 300 minutes of moderate-intensity aerobic physical activity per week**.

\*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.



### TIPS



Avoid staying sedentary by spreading out some light intensity activity throughout the day.



Turn workouts into social events by reaching out to your friends and family to exercise together for extra support and motivation.



Take a phased approach if necessary – gradually increasing the complexity and intensity of your activities.

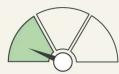


Seek doctor's recommendations on suitable physical activities if unsure on how to start.



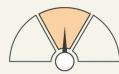
Listen to your body, reduce the intensity of your activities and adapt accordingly to prevent overexertion.

### EXERCISE INTENSITY



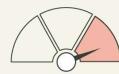
#### Light

Can talk in full sentences and sing



#### Moderate

Can talk in phrases or short sentences but cannot sing



#### Vigorous

Have difficulty talking

# OLDER ADULTS

## SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS (65 YEARS & ABOVE)

Older adults should engage in regular physical activity to improve overall wellbeing, enhance functional capacity, and prevent falls.



# MOVE STRONG & BE BALANCED

## RECOMMENDATIONS

**HIT 150 - 300**

Aim for at least **150 to 300 minutes of moderate-intensity aerobic physical activity per week**.

\*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

**RETAIN STRENGTH**

Engage in muscle strengthening activities on 2 or more days a week, at moderate or greater intensity, to keep muscles, bones, and joints strong.

Include multi-component physical activity that emphasizes strength and functional balance at least 3 days of the week at a moderate-intensity or greater.

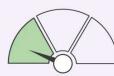
**KEEP MOVING**

Limit the amount of time spent being sedentary, particularly recreational screen time, by engaging in activity of any intensity.

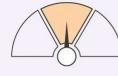
**TIPS**

- Incorporate simple strength training exercises such as resistance band exercises when watching your favourite shows.
- Walk or play sports with your family and friends; this is a great way to be active while spending quality time with your loved ones.
- Play and try different sports with friends at publicly available sport facilities.
- Make use of the outdoor fitness equipment around your community spaces or your built environment as you brisk walk around your neighbourhood.

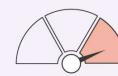
## EXERCISE INTENSITY



**Light**  
Can talk in full sentences and sing



**Moderate**  
Can talk in phrases or short sentences but cannot sing



**Vigorous**  
Have difficulty talking

## Make Every Move Count!

Physical activity should be done holistically and correctly to maximise its benefits. Break up prolonged sedentary periods and mix up daily activities with activities of various intensities to reap substantial health benefits. No matter your age and ability,

you will benefit from moving more. Start slow, start small and let's make every move count

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## FEEDBACK

Drop us a note if you have feedback about the Singapore Physical Activity Guidelines.

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