Sedentary activity recommendations

Sedentary activity is also known as sitting time, or any activity we do when we are sitting or lying down. Spending time on screens such as TV, computer, tablet, or phones is a common activity we do when we are sedentary.

When we spend less time on screens this, we can have more time to be active.

Apart from helping us be more active, spending less time on screens can also help:

- Improve our sleep.
- Regulate our appetite and eat at regular times.
- Give us more time to spend with family and friends.
- Improve our mood and concentration.

Sedentary activity recommendations

0 - 1 years	**No screen time** It's recommended that no screen time is allowed for children under two years. Also, time spent sitting should also aim to be no more than one hour at a time (such as in a stroller, car seat or high chair).
2 - 5 years	**No more than 1 hour** It's recommended that preschoolers spend no more than one hour in front of screens each day. Also, aim to avoid restraining preschoolers for more than one hour at a time (such as in a stroller, car seat or high chair).
5 - 17 years	**No more than 2 hours** It's recommended that children and young people spend no more than two hours in front of a screen, for leisure, each day. 'Leisure' means during free time; it doesn't include the time spent in front of a screen doing schoolwork or homework.
18+ years	**It's recommended that adults:** Minimise the amount of time spent in prolonged sitting. Break up long periods of sitting as often as possible.