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Whatever their level of ability, children need to be active. Toddlers and pre-schoolers should be physically active every day for at least three hours, spread throughout the day.

[Move and Play Every Day](#)

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How much is enough? Physical activity guidelines for toddlers recommend that each day they: get at least 30 minutes of structured (adult-led) physical activity. get at least 60 minutes of unstructured (active free play) physical activity.

[Fitness and Your 2- to 3-Year-Old \(for Parents\) - Nemours KidsHealth](#)

[parents : fitness-2-3](#)

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