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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](#)

[Data](#)

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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](#)

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

[O 0 bet365](#)

stien Squillaci Defender 25.08.2010 15.07.2013 Laurent Koscielny Defender 07.2007 2010

05.09.2024 Mikal Silvestre Defendera 19.8.2008 29.2008 Samir Nasri meio-campo 10.7.2008

23.06.2011 Arsenal #129522; FC - Jogadores estrangeiros da Fran#231;a - Transfermarkt

arselha; companheiro emprestado do Arsenal Nuno Tavares, tamb#233;m O 0 bet365 O 0 bet365 O 0 bet365estr#233;ia,

cou para #129522; Marselha no jogo. Folarin Balogun Wikip#233;dia, a enciclop#233;dia livre :

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