



The Australian Government has worked with experts to develop these guidelines to help people improve their health and wellbeing. These guidelines were informed by the best available evidence.

The 24-Hour Movement Guidelines recommend movement through a balance of physical activity, sedentary behaviour, and adequate sleep across each day. They illustrate what a healthy 24 hours of movement looks like.



Following these guidelines is associated with positive health outcomes important for individual wellbeing.

If you're not currently meeting the 24-hour movement guidelines, even small steps toward these recommendations can still improve your health.



Australian 24-Hour Movement Guidelines for Adults & Older Adults:
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

FOR MORE INFORMATION,
VISIT WWW.HEALTH.GOV.AU

NOTE: These guidelines apply to most adults aged 18 years or older across gender, cultural and language background, location, and socio-economic status.

Most adults aged 18 years or older will benefit from an active lifestyle with a daily balance of physical activities, sedentary behaviours and sleep for overall health.

People living with disability or chronic health conditions may benefit from tailored advice and should consider consulting a health professional if needed.



Guidelines for Adults & Older Adults (18 years and over)

Replacing sitting time with any kind of physical activity and getting enough sleep improves your health

PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR & SLEEP: 24-HOUR MOVEMENT FOR HEALTH & WELLBEING

Adults & Older Adults (18 YEARS AND OVER)

A healthy 24-hours includes:

Physical activity:

- Moderate- to vigorous-intensity physical activities for 30 minutes or more on most days
- Muscle-strengthening activities on 2 or more days per week
- Functional activities targeting mobility, balance, and coordination on 3 or more days per week
- Several hours of light-intensity physical activity daily

TIP! Some physical activities can count towards multiple recommendations. For example, walking up and down stairs contributes to both your moderate-intensity activity and functional activity recommendations.



Sedentary behaviour:

- Limit the amount of time spent being sedentary
- Breaking up prolonged periods of sedentary behaviour as often as possible

Sleep:

- 7-9 hours of good quality sleep for adults (7-8 hours for older adults), with consistent bed and wake up times

TIP! Greater health benefits are achieved when you:

- Replace sedentary time with physical activity of any intensity
- Replace light-intensity activity with more moderate- to vigorous-intensity activity
- Maintain sufficient sleep.

Adults & Older Adults WITH DISABILITY

A healthy 24-hours includes:

Physical activity:

- Moderate- to vigorous-intensity physical activities for 30 minutes or more on most days
- Muscle-strengthening activities on 2 or more days per week
- Functional activities targeting mobility, balance, and coordination on 3 or more days per week
- Several hours of light-intensity physical activity daily

TIP! Some physical activities can count towards multiple recommendations. For example, walking up and down stairs contributes to both your moderate-intensity activity and functional activity recommendations.

Sedentary behaviour:

- Limit the amount of time spent being sedentary
- Breaking up prolonged periods of sedentary behaviour as often as possible

Sleep:

- Getting sufficient, good quality sleep, with consistent bed and wake-up times

TIP!

- Start slowly and build up if possible.
- Professional help may be needed.
- Trade sedentary time (e.g. recreational screen time) for movement.



Following these guidelines is associated with a lower risk of death, comorbid conditions, disease progression/recurrence, better physical function, pain management, and quality of life.

Adults & Older Adults WITH CHRONIC CONDITIONS

A healthy 24-hours includes:

Physical activity:

- Moderate- to vigorous-intensity physical activities for 30 minutes or more on most days
- Muscle-strengthening activities on 2 or more days per week
- Functional activities targeting mobility, balance, and coordination on 3 or more days per week
- Several hours of light-intensity physical activity daily

Sedentary behaviour:

- Limit the amount of time spent being sedentary
- Breaking up prolonged periods of sedentary behaviour as often as possible

Sleep:

- Getting sufficient, good quality sleep, with consistent bed and wake-up times