

bonus por cadastro

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](#) : ncdccs : Data : [2ahUKEwiijuKn8s2DAXWzKOOIHx7yDPYQFnoECAEQBg](#) : [2ahUKEwiijuKn8s2DAXWzKOOIHx7yDPYQzmd6BAgBEAc](#) : [2ahUKEwiijuKn8s2DAXWzKOOIHx7yDPYQFnoECAEQDQ](#) : [Fitness and Your 2- to 3-Year-Old \(for \)](#) Tj T* BT /F1

structured (active free play) physical activity.

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