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lt;div>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.</div></div>&lt
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s enough? Physical activity guidelines for toddlers recommend that each day they
: get at least 30 minutes of structured (adult-led) physical activity. get at le
ast 60 minutes of unstructured (active free play) physi
cal activity.</div></div></div></div></div><div
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Fitness and Your 2- to 3-Year-Old (for Parents) - Nemours KidsHealth</span&gt
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