

# Make your whole day matter.

## The Canadian 24-Hour Movement Guidelines for Adults (18-64 years)

integrate recommendations for physical activity, sedentary behaviour and sleep. Following the guidelines can help you obtain health benefits and live your best life!



### **MOVE MORE**

Add movement throughout your day, including a variety of types and intensities of physical activity:



At least 150 minutes of moderate to vigorous physical activity per week



Muscle strengthening activities at least twice a week



Several hours of light physical activity, including standing



### **REDUCE SEDENTARY TIME**

Limit sedentary time to 8 hours or less:



No more than 3 hours of recreational screen time per day



Break up long periods of sitting as often as possible



### **SLEEP WELL**

Set yourself up for 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at [csepguidelines.ca](http://csepguidelines.ca)

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.