


# Make your whole day matter.


Aging is an inevitable part of life. But following **the Canadian 24-Hour Movement Guidelines for Adults (65+ years)** can help you stay strong, mentally fit and independent.




## **MOVE MORE**

Perform 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


 Physical activities that challenge balance


 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 8 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.