


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

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.