

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

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.