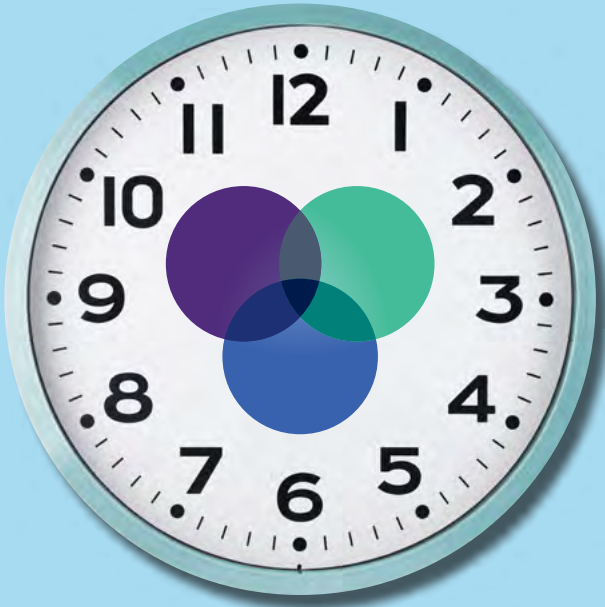


Following the Canadian 24-Hour Movement Guidelines for Adults can help you obtain health benefits and live your best life.



Make your whole day matter.



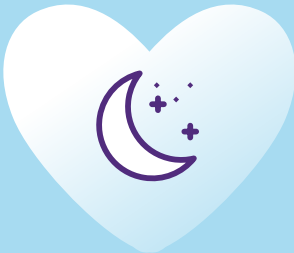
MOVE MORE

Add movement throughout your day, including a variety of types and intensities of physical activity and muscle strengthening activities.



REDUCE SEDENTARY TIME

Limit recreational screen time and break up sedentary time often.



SLEEP WELL

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

Learn more at csepguidelines.ca