

24h Movement Guidelines

(FOR ADULTS AGED 18-64 YEARS)



Public Health Agency of Canada

Physical Activity

Perform a variety of types and intensities of physical activity, which includes:

- **Moderate or vigorous physical activities** such that there is an accumulation of at least **150 minutes** per week.
- **Muscle strengthening** activities using major muscle groups at least **twice a week**.
- **Light physical activities**, including standing, moving or stretching for **several hours** a day.

Sleep

Good-quality sleep on a regular basis, with consistent bed and wake-up times, **7 to 9 hours** a night.

Sedentary Behaviour

Limit sedentary time to 8 hours or less:

- **No more than 3 hours** of recreational screen time
- **Breaking up** long periods of sitting



PROGRESSING TOWARDS ANY OF THESE TARGETS WILL RESULT IN SOME HEALTH BENEFITS.

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