

Tips to make your whole day matter



The Canadian 24-Hour Movement Guidelines for Adults show what a healthy 24 hours looks like when it comes to physical activity, sedentary behaviours and sleep. The Guidelines focus on three core recommendations: **move more, reduce sedentary time, and sleep well.**

To optimize the timing of these movement behaviours, experts suggest you:

- Move when it suits you
- Remove screens from bedrooms and limit screen use prior to bedtime
- Adjust your bedtime to allow for the recommended hours of sleep

TRY THESE SIMPLE TIPS TO GET STARTED



Take movement breaks throughout the day, including standing and stretching.



If you get up early to exercise, try to go to bed early so that you're getting the recommended hours of sleep each night. The key is to make sure your active time doesn't disrupt your sleep.



Avoid responding to work emails, scrolling through social media or watching shows on screens prior to bed.



Maintain consistent bed and wake-up times throughout the entire week, including on weekends.

To learn more about the 24-Hour Movement Guidelines for all age groups, visit csepguidelines.ca.