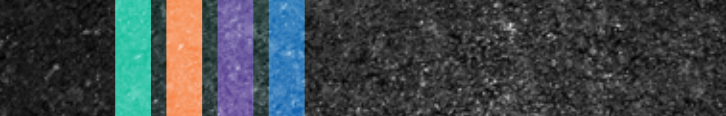




**TEEN TOOLKIT**  
**CANADIAN 24-HOUR**  
**MOVEMENT GUIDELINES**  
**FOR CHILDREN & YOUTH**





# TEEN TOOLKIT

## CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN & YOUTH



For optimal health benefits, teens should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. In Newfoundland and Labrador only 57.6 per cent of teens 12 to 17 years of age, receive an average 60 minutes of physical activity per day, as recommended by the 24-Hour Movement Guidelines for Children and Youth.

To help teens sit less and move more, the Government of Newfoundland and Labrador has teamed up with ParticipACTION to develop this toolkit to help teach teens how the 24-Hour Movement Guidelines can help them lead healthier lives.

This partnership supports the Government of Newfoundland and Labrador's goal of increasing physical activity rates by seven per cent by 2025, as stated in "The Way Forward: A Vision for Sustainability and Growth in Newfoundland and Labrador," the roadmap guiding the future for Newfoundland and Labrador.

In this toolkit you will find a variety of educational tools and resources to encourage teens to live a healthy, active lifestyle:

**A. The Canadian 24-Hour Movement Guidelines for Children & Youth**

**B. Article: "How Healthy are Canadian Teens in 2018?"**

**C. Fact Sheet**

**D. Infographic**

**E. Poster**

**F. Community Resources**

**G. Social Media Kit**

**LET'S GO!**

## MOVEMENT GUIDELINES

# CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH:

### An Integration of Physical Activity, Sedentary Behaviour, and Sleep

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These guidelines are relevant to apparently healthy children and youth (aged 5–17 years) irrespective of gender, race, ethnicity, or the socio-economic status of the family. Children and youth are encouraged to live an active lifestyle with a daily balance of sleep, sedentary behaviours, and physical activities that supports their healthy development.

Children and youth should practice healthy sleep hygiene (habits and practices that are conducive to sleeping well), limit sedentary behaviours (especially screen time), and participate in a range of physical activities in a variety of environments (e.g., home/school/community; indoors/outdoors; land/water; summer/winter) and contexts (e.g., play, recreation, sport, active transportation, hobbies, and chores).

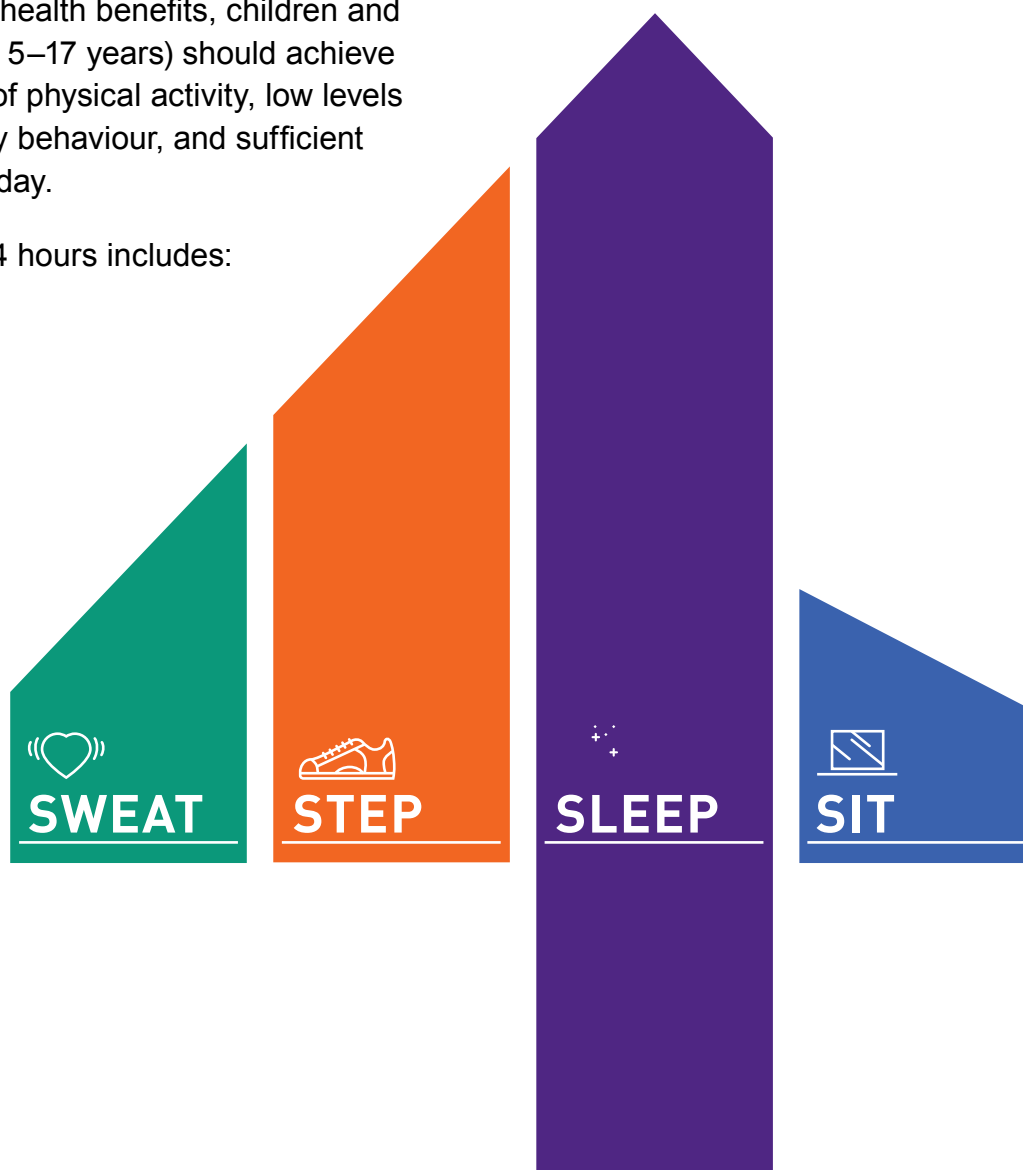
For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended. Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, academic achievement and cognition, emotional regulation, pro-social behaviours, cardiovascular and metabolic health, and overall quality of life. The benefits of following these guidelines far exceed potential risks.

These guidelines may be appropriate for children and youth with a disability or medical condition; however, a health professional should be consulted for additional guidance.

The specific guidelines and more details on the background research informing them, their interpretation, guidance on how to achieve them, and recommendations for research and surveillance are available at [www.csep.ca/guidelines](http://www.csep.ca/guidelines).

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



## SWEAT

### MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

## STEP

### LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

## SLEEP

### SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

## SIT

### SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.



## HOW HEALTHY ARE CANADIAN TEENS IN 2018?

Teens in 2018 are having a tough time leading healthy, active lives. Teens today consume more media in far greater quantities compared to previous generations by a long shot. Research shows that too much screen time is making teens unhappy. They are less social, less physically healthy, and more stressed out.


Just like life for adults, teens find it difficult to balance schoolwork, extra-curricular activities, time spent with friends and family, part-time jobs and getting a full night's rest. And, their overall health is suffering for it.

- ❗ 45 per cent of teens aged 14 to 17 have trouble falling asleep or staying asleep at least some of the time.
- ❗ 36 per cent of youth find it difficult to stay awake during the day at least sometimes.
- ❗ Screens and gaming consoles may be reshaping what leisure time is, into more sedentary forms given that 13 to 18-year-olds have, on average, access to 2.2 media devices.
- ❗ According to research, chronic sleep loss is linked to higher rates of depression.
- ❗ Childhood obesity has risen sharply—a quarter of children and youth are now overweight or obese—and physical fitness has declined.
- ❗ It's even harder for girls. An international study of almost 30,000 children and youth from 10 different countries found that boys are more physically active at all ages compared to girls.


### SO, HOW CAN TEEN LIFE BE HEALTHIER AND HAPPIER?

The 24-Hour Movement Guidelines is a great start! The new guidelines explain what to do to achieve optimal health. For best health, they should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24-hours includes:


#### SWEAT.

 At least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least three days per week;


#### STEP.

 Several hours of a variety of structured and unstructured light physical activities;

#### SIT.

 No more than two hours per day of recreational screen time; limit sitting for extended periods.

#### SLEEP.

 Uninterrupted sleep for 9–11 hours per night for those aged 5 to 13 years and 8–10 hours per night for those aged 14–17 years, with consistent bed and wake-up times (even on weekends);

## WHY SHOULD YOU CARE?

Meeting the guidelines each day makes logical sense. Whether kid or adult, we all know that the less sleep we get at night means we're going to be more tired tomorrow—and tomorrow, we'll be less likely to find the energy to exercise, be focused at school/work, or even be social. At the same time, if we're not active enough during the day or we spend too much time sitting in front of screens, we have a hard time getting to sleep at night. It becomes a vicious cycle. The benefits of meeting the guidelines are huge! Teens could see:



**BETTER MENTAL HEALTH.** Research shows a link between higher levels of physical activity and lower levels of anxiety and depression.



**BETTER MOODS.** A study of older youth and adults from 15 countries in Europe reveals that as self-reported physical activity increases, levels of self-reported happiness also increase.



**BETTER GRADES.** A positive link between physical activity and academic performance continues to be seen.



**THEY FEEL MORE RESTED.** Active transportation (e.g., walking, wheeling, or biking) and outdoor play increase exposure to sunlight, which helps regulate sleep patterns. High school students who get at least 60 minutes of physical activity each day are 41 per cent more likely to get sufficient sleep than those who don't.

It doesn't have to be complicated. Focus on meeting the guidelines, and some of these everyday stresses in life can improve. Don't we all deserve to be happier and healthier?

## IDEAS TO GET TEENS STARTED

### SWEAT TIPS

Save your bus money and consider walking, wheeling or biking to school instead. No need to fit in a workout when your commute is active!

Don't have access to an exercise class you like? Start your own with the help of a local rec centre, youth organization, or gym.

### STEP TIPS

Track your steps with a smartphone, pedometer or activity tracker (i.e., a wearable device). It will help you keep track of your daily steps. At a minimum, teens should aim for 16,500 steps every day. More is always better.

Stressed from working on that essay for hours? A short 15-minute walk can boost productivity and reduce stress.

### SIT TIPS

Try to break up your sitting time every 20 minutes or so and avoid sitting for longer than two hours.

Speak to a teacher about getting permission to stand in the classroom.

Swap your movie date for something active. Skating in the park, mini golf, and mountain biking are all great options.

Avoid spending more than two recreational hours per day on screens.

### SLEEP TIPS

Get better quality sleep by: Going to bed and waking up at consistent times each day.

Make a relaxing routine before bedtime—take a bath, listen to music, or read!

Avoid screens at least 20 minutes before bedtime.

Keep cell phones, computers, TVs and games out of your bedroom.



# FACT SHEET

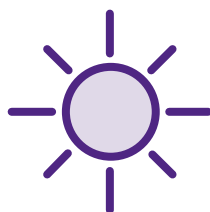
Here are some facts about the Canadian 24-Hour Movement Guidelines that can help teens live a healthier life.

1



Teens who are tired from being physically active during the day sleep better, and those who have slept well have more energy to run around.

2



Walking, biking, wheeling or getting active outdoors increases exposure to sunlight, which helps to regulate sleep patterns.

3



Teens need a combination of high levels of physical activity, low levels of sedentary behaviour, and sufficient uninterrupted sleep each day to be healthy.

4



Too little sleep can cause hyperactivity, impulsiveness and a short attention span. Teens should aim for 8–10 hours of uninterrupted sleep every night.

5



Meeting the guidelines can help teens:

- Improve their physical and mental health
- Do better in school
- Improve self-esteem and confidence
- Maintain a healthy body weight
- Improve their fitness
- Build stronger bones and muscles
- Feel happier
- Learn new skills

# INFOGRAPHIC

The following infographic is available via PDF download at [www.recreationnl.com](http://www.recreationnl.com).

## 24-HOUR MOVEMENT TIPS

### IDEAS TO GET TEENS STARTED

#### SWEAT



#### SAVE YOUR BUS MONEY.

Consider walking, rolling or biking to school instead. No need to fit in a workout when your commute is active!



#### DO YOUR OWN THING.

Can't find an exercise class you like? Start your own with the help of a local rec centre, youth organization, or gym.

#### STEP



#### KEEP TRACK.

Use a smartphone, pedometer or wearable device to keep track of your steps. Aim for at least 16,500 steps every day.



#### SHAKE IT OFF.

Stressed from working on that essay for hours? A short 15-minute walk can boost productivity and reduce stress.

#### SIT



#### STAND UP.

Take breaks from sitting every 20 minutes, and avoid sitting for over two hours.



#### TAKE TECH BREAKS.

Avoid spending more than two recreational hours per day on screens.



#### STAY ACTIVE.

Swap your movie date for an activity like skating, mini golf, or biking.

#### SLEEP



#### BE CONSISTENT.

Sleep and wake at the same times each day. Make a bedtime routine—take a bath, listen to music, or read!



#### LIMIT SCREEN TIME.

Avoid screens at least 20 minutes before bedtime. Keep phones, computers, TVs and games out of your bedroom.



# POSTER

The following poster is available via PDF download at [www.recreationnl.com](http://www.recreationnl.com).




# WANT TO BE YOUR BEST SELF?

It's important to sweat, step, sleep and sit  
the right amounts each day for optimal health.

Each day, teens should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient amounts of sleep.

A healthy 24-hours includes:

<div style="background-color: #00a651; color: white; padding: 5px; margin-bottom: 10px;"><b>SWEAT</b></div>  <p>Get at least 60 minutes of heart-pumping physical activity every day. Don't forget about activities that help build strong muscles and bones — fit these types of activities in at least three days per week;</p>	<div style="background-color: #4b4b9b; color: white; padding: 5px; margin-bottom: 10px;"><b>SIT</b></div>  <p>Try not to spend more than two hours a day on a screen or sitting for long periods. Get out and be active!</p>
<div style="background-color: #e67e22; color: white; padding: 5px; margin-bottom: 10px;"><b>STEP</b></div>  <p>Several hours of a variety of light physical activity, especially outdoors!</p>	<div style="background-color: #2980b9; color: white; padding: 5px; margin-bottom: 10px;"><b>SLEEP</b></div>  <p>End your day with a good night's sleep. Aim for 8–10 hours per night for those 14 to 17 years old.</p>

Learn more at [participACTION.com](http://participACTION.com)

# COMMUNITY RESOURCES IN NEWFOUNDLAND AND LABRADOR



## WHAT DO YOU DO WHEN YOU'RE READY TO BE MORE ACTIVE, BUT DON'T KNOW WHERE TO START?

### START HERE.

There are many local resources teens can access to become more physically active.

#### 1 BE PROACTIVE

Always wanted to try ultimate frisbee, cricket or rugby, but don't know how to start? Contact Sport NL, who represents over 55 different provincial sport organizations to help you get something established at a community level. Not familiar with a community sport that's happening in your area? Consider volunteering at a children's program first to get familiar with the game and you might receive high school credit for helping out!

[www.sportnl.ca](http://www.sportnl.ca)

#### 2 RECREATION NL'S FIND YOUR FIT TEEN CHALLENGE

Have an active idea already, but need some financial support to make it happen? Recreation NL offers grants for teen physical activity programs or events. Apply for a grant and receive up to \$500 for on-going programs or \$250 for a one-time event.

[www.recreationnl.com](http://www.recreationnl.com)

#### 3 DOWNLOAD CARROT REWARDS

Carrot Rewards is a free mobile app that can help you get rewarded for moving more. Track your daily steps with the app, take healthy active living quizzes, and earn rewards while you're doing it. Teens 13+ can register for this and be rewarded with points from favourite loyalty providers such as Aeroplan, SCENE, and Drop.

[www.carrotrewards.ca](http://www.carrotrewards.ca)

#### 4 RECREATION AND SPORT FOR PERSONS WITH A DISABILITY

Are you a teen with a disability looking to get involved in or start up an activity? Recreation NL can provide information and supports to increase participation, development and access to physical activity, recreation and sport for persons with a disability.

[www.recreationnl.com](http://www.recreationnl.com)



## 5 BRIDGE THE gApp

Bridge the gApp is an online resource designed to support mental health for youth and adults. Visit the website to access resources to support your mental health and wellness. When we have good mental health and wellness we are able to handle life's stressors, build strong relationships, and lead productive and fulfilling lives.

[www.bridgethegapp.ca](http://www.bridgethegapp.ca)

## 6 SIGN UP FOR GET STARTED

The new "Get Started" program introduces all the info and tools you need to work toward your health and fitness goals – the ParticipACTION way.

[www.participaction.com/en-ca/GetStarted](http://www.participaction.com/en-ca/GetStarted)

## 7 EXPLORE COMMUNITY YOUTH NETWORKS

Community Youth Networks engage teens in meaningful dialogue through the provision of appropriate programs and services that support learning, skill development and civic engagement. Check out this listing to see if there is a network in your area.

[www.nlyouth.ca/programsservices/CYN.html](http://www.nlyouth.ca/programsservices/CYN.html)

## 8 ABORIGINAL SPORT AND RECREATION CIRCLE NL

Indigenous sports and activities like the one foot high kick or the stick pull are great physical activities that you can try with family and friends. Contact the Aboriginal Sport and Recreation Circle NL, to learn about more indigenous sports and activities at:

[www.asrcnl.ca/home](http://www.asrcnl.ca/home)

## 9 CONTACT THE BOYS AND GIRLS CLUB OF NFLD & LABRADOR

Boys and Girls Clubs provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life. Check out this listing to see if there is a club near you!

[www.bgccan.com/en/find-your-club/](http://www.bgccan.com/en/find-your-club/)

## 10 CONTACT SCHOOL SPORTS NL

School Sports NL (SSNL) offers competitive and recreational, school based sport and physical activity programs for students of all ages. Whether you are interested in participating in one of 12 varsity sports, starting an outdoor adventurers program or bringing more spirit and activity into your high school, SSNL has something for you. Contact your school athletic director or physical education teachers to find out more information about some of the exciting programs that are happening in your school.

[www.schoolsportsnl.ca](http://www.schoolsportsnl.ca)

# SOCIAL MEDIA KIT

ParticipACTION has prepared a number of posts to make it easy for you to communicate the Canadian 24-Hour Movement Guidelines for Children & Youth specifically to teens and parents of teens. These messages can be shared on Twitter, Facebook or Instagram.

## INTRODUCTORY POSTS: ESTABLISH THE MOOD AND THEME



### MOTION SHAREABLE

#### Suggested post:

New #24HourGuidelines say teens need to Sweat, Step, Sleep and Sit the right amounts for best health.  
<http://ow.ly/MFgx30iVxvj>



### STATIC SHAREABLE

#### Suggested post:

New #24HourGuidelines say teens need to Sweat, Step, Sleep and Sit the right amounts for best health.  
<http://ow.ly/MFgx30iVxvj>



### STATIC SHAREABLE

#### Suggested post:

How healthy are Canadian teens in 2018? <http://ow.ly/ccye30iVEI9>  
#24HourGuidelines



### STATIC SHAREABLE

#### Suggested post:

How much screen time is too much for a teenager? We can help with that.  
<http://ow.ly/Wzd330iVEAo>  
#24HourGuidelines



### STATIC SHAREABLE

#### Suggested post:

Is your teenager always tired? Here are 5 ways to help your teen get enough sleep <http://ow.ly/FzfN30iVEFF>  
#24HourGuidelines



### STATIC SHAREABLE

#### Suggested post:

Teens who are active get better grades. Research shows a positive link between physical activity and academic performance. #24HourGuidelines



# SOCIAL MEDIA KIT

## LEVEL II POSTS: KEEP THE BALL ROLLING



### STATIC SHAREABLE

#### Suggested post:

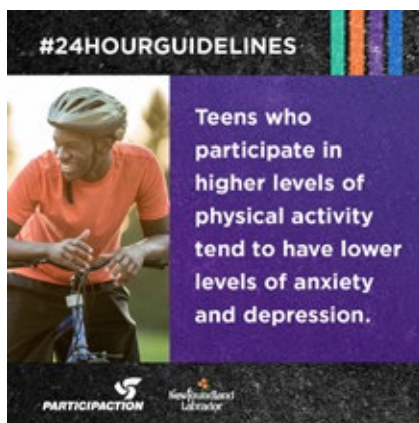
More movement = happier teens. As self-reported physical activity increases, levels of self-reported happiness also increase.



### STATIC SHAREABLE

#### Suggested post:

It's a vicious cycle when teens don't sleep enough. They're too tired for activity during the day, but not tired enough to sleep at night. Learn how the #24HourGuidelines can help.



### STATIC SHAREABLE

#### Suggested post:

Teens who participate in higher levels of physical activity tend to have lower levels of anxiety and depression.  
#24HourGuidelines  
<http://ow.ly/MFgx30iVxvj>



### STATIC SHAREABLE

#### Suggested post:

High school students who get 60 mins of physical activity in a day are 41% more likely to get sufficient sleep than those who don't. Move more, sit less, sleep better! #24HourGuidelines

# SOCIAL MEDIA KIT

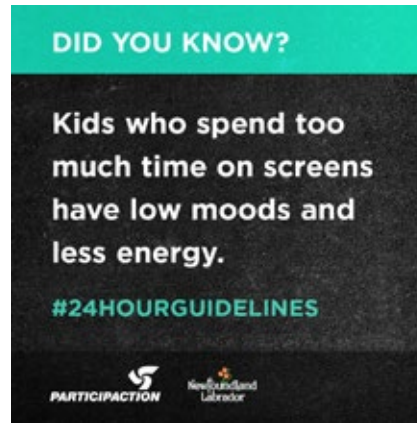
## LEVEL III POSTS: CONTINUED LEARNING



### STATIC SHAREABLE

#### Suggested post:

Teens who use active transportation (walking/rolling/biking) or spend time outdoors increase their exposure to sunlight, which helps regulate sleep patterns. Let's get outside!



### STATIC SHAREABLE

#### Suggested post:

This is what happens when kids and teens spend too much time on screens  
<http://ow.ly/gjOV30iVDIk>  
#24HourGuidelines



### STATIC SHAREABLE

#### Suggested post:

Only 36% of children + youth are active enough. Here are 5 ways you can change this: <http://ow.ly/uvtL30iVDwu>  
#24HourGuidelines



### STATIC SHAREABLE

#### Suggested post:

Canadian kids are too tired to move. Here are 5 ways to help kids sleep better: <http://ow.ly/VUfQ30iVCmL>  
#24HourGuidelines

Available in alternate formats. Please contact the disability Policy Office:

Email: [disability.policy.office@gov.nl.ca](mailto:disability.policy.office@gov.nl.ca)

Phone: 709-729-6279 Toll Free: 1-888-729-6279

TTY: 709-5440 Toll Free: 1-888-729-5440