

Make your whole day matter.

The new **Canadian 24-Hour Movement Guidelines for Adults** 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



Perform a variety of types and intensities of physical activity throughout your day:



At least 150 minutes of moderate to vigorous physical activity per week



Several hours of light physical activity, including standing



Muscle strengthening activities at least twice a week



Physical activities that challenge balance (65+ years)

Tips to Move More

Aim for various types and intensities – everything from household chores to walking a dog counts



Add physical activity to routine tasks – dance while brushing your teeth, pace while talking on the phone



Look for opportunities to walk or cycle whenever possible – park further away and take the stairs or ramp



49.4%

of adults over the age of 18 years in Newfoundland and Labrador report getting the recommended 150 minutes of physical activity per week¹

1. Statistics Canada (2020). Health characteristics, two-year period estimates: physical activity. <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=1310011301>



For the complete guidelines, visit **participACTION.com**