

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.

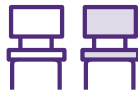
Use a smartphone, pedometer or wearable device to keep track of your steps. Aim for at least 16,500 steps every day.



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.