

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!

Reduce Sedentary Time



Limit sedentary time to **8 hours or less**:



No more than 3 hours of recreational screen time per day



Break up long periods of sitting as often as possible

Tips to Reduce Sedentary Time

Take frequent standing or stretching breaks throughout the day, including when watching TV or during work meetings



Designate screen-free zones in the house like bedrooms and at the dinner table



Choose active transportation (e.g., walking, cycling, wheeling), rather than driving



How are Canadians doing¹?



Adults 18 to 79 years are sedentary for **9.6 hours per day**, excluding sleep time



3.6HR
per day



25HR
per week

In an average week, adults 18 to 79 years spend upwards of **25 hours** on a computer or tablet to watch videos, play computer games, send emails, or surf the Internet, while in a seated or reclined position

On an average day, adults spend **3.6 hours** in a seated or reclined position watching television or spending time on a computer, tablet or other hand-held electronic devices



For the complete guidelines, visit participACTION.com

1. Clarke et al. (2019). Accelerometer-measured moderate-to-vigorous physical activity of Canadian adults, 2007 to 2017. Health Reports (2019008). <https://www150.statcan.gc.ca/n1/en/catalogue/82-003-X201900800001>