

# 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:

## SWEAT



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;

## SIT



Try not to spend more than two hours a day on a screen or sitting for long periods. Get out and be active!

## STEP



Several hours of a variety of light physical activity, especially outdoors!

## SLEEP



End your day with a good night's sleep. Aim for 8–10 hours per night for those 14 to 17 years old.