

Canadian 24-Hour Movement Guidelines for Children and Youth aged 5-17 years.

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. Youth, educators, parents, public health professionals, and recreation programs all have an important role in setting the tone for a healthier 24 hours.



SWEAT

Moderate to Vigorous Physical Activity

Tips:

- Try a new activity at your local recreation or community centre: swimming, cricket, basketball, or dance class.
- Bike, hike, roll, or run local paths and trails with family or friends.
- Join an intramural program or sports team at school.
- Train for a local fitness or charity event: 5km run, stair climb, or summit challenge.

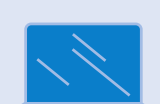


STEP

Light Physical Activity

Tips:

- Visit as many parks as possible provincial, or national. Challenge yourself to try a new activity at each one: orienteering, disc golf, yoga, or a game of catch.
- Walk or cycle to meet friends before or after dinner.
- Challenge your class to track their steps.
- Can everyone increase their step count each week?
- Help with active chores like sweeping, cutting grass, or shovelling snow.



SIT

Sedentary Behaviour and screen time

Tips:

- Set clear and consistent boundaries for internet use both after school and on weekends.
- Replace indoor time with active outdoor time.
- Ask permission to stand during class if it helps you pay attention.
- Plan ahead the types of activities you want to do so that screen time doesn't become a default activity.

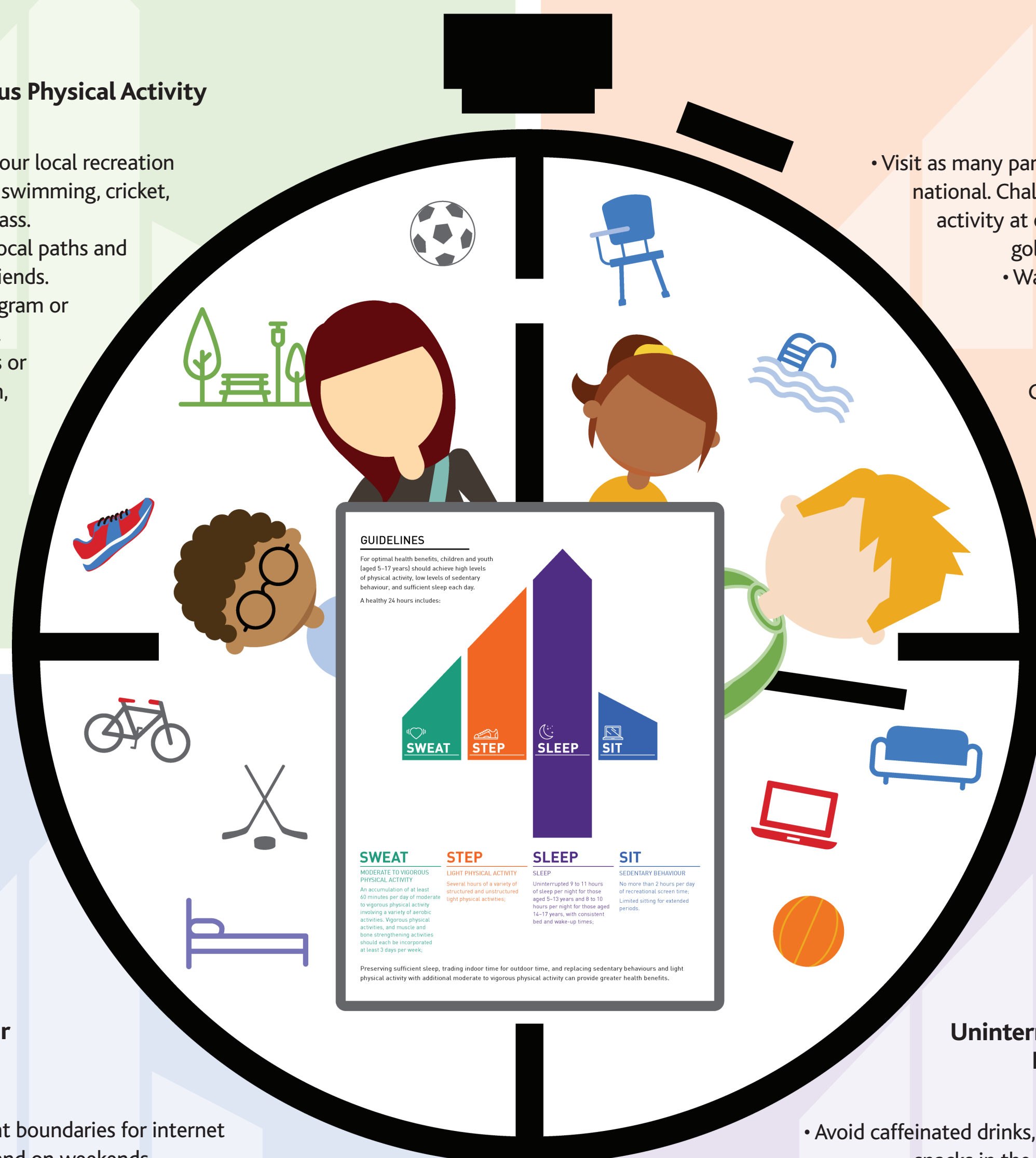


SLEEP

Uninterrupted and consistent. Even on the weekends.

Tips:

- Avoid caffeinated drinks, chocolate, and sugar-filled snacks in the later afternoon or evening.
- Eliminate screen time, such as video games and online videos, during bedtime routines.
- Set a nighttime routine that is calm and consistent
 - Create an environment that is cool, dark, calming, and quiet.



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.

Every hour matters. How will you spend your next 24?

For more information go to www.csep.ca/guidelines

