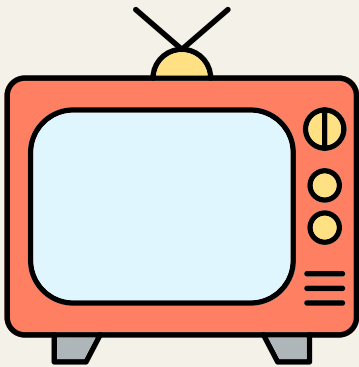




## PHYSICAL ACTIVITY

- **150 minutes of moderate to vigorous aerobic physical activities per week.**
- Several hours per week of light physical activities, including standing
- Individuals are recommended to participate in a variety of physical activities (e.g., weight bearing/non-weight bearing, sport and recreation) in a variety of environments (e.g., home/work/community; indoors/outdoors; land/water) and contexts (e.g., walking the dog, cycling to work, gardening, taking the stairs, etc.)



## SEDENTARY BEHAVIOR

- Limiting sedentary time to **8 hours or less**
- No more than **3 hours** of recreational screen time
- Breaking up long periods of sitting as often as possible

## SLEEP

- **7 to 9 hours** of good-quality sleep on a regular basis, with **consistent** sleep and wake-up times.



## HEALTH BENEFITS

Following these movement guidelines is associated with the following health benefits:

- a lower risk of mortality, cardiovascular disease, hypertension, type-2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile; and
- improved bone health, cognition, quality of life and physical function.