

Help Kids

Build their Best Day

According to the **Canadian 24-Hour Movement Guidelines**, children and youth (5–17 years) need to **sweat, step, sit, and sleep** the right amount each day for optimal health!

Health benefits include improved fitness and overall health, maintaining a healthy body weight, growing stronger, feeling happier and learning new skills. In fact...

Everything gets better when you get active.

What does a healthy 24hrs look like?

SWEAT



At least 60 minutes of heart-pumping physical activity per day.

STEP



Several hours of light physical activity, especially outdoors.

SIT



No more than 2 hours per day of recreational screen time; limited sitting for long periods.

SLEEP



A night of uninterrupted sleep (5–13 years: 9–11 hrs; 14–17 years: 8–10 hrs).

Mix up the day with **plenty of different activities** that children will enjoy and allows them plenty of unstructured time to roam, play and explore.



Benefits of Sitting Less and Moving More



Sleep Better



Focus Better



Learn Better



Create Better



Friend Better