

Canadian 24-Hour Movement Guidelines for Children and Youth:

An integration of physical activity, sedentary behaviour, and sleep.



#24HourGuidelines

csep.ca/Guidelines

kflaph.ca

2017-11-14

A healthy 24 hours includes:

Sweat

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities.

Sleep

Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bed and wake-up times.

Step

Several hours of a variety of structured and unstructured light physical activities.

Sit

No more than 2 hours per day of recreational screen time.
Limited sitting for extended periods.