

Sit Less. Stand Up for Better Health.

Guidelines for children and youth 5 to 17 years of age:

No more than 2 hours of recreational screen time per day.

Limit time spent sitting in a car, at a desk, and in front of screens.

Sitting less can help children do better in school, improve self-esteem, grow stronger, feel happier, and improve their health.

Tips for reducing sedentary time:

Walk or ride your bike to school.

Keep bedrooms screen free.

Have a plan for reducing screen use.

Role model healthy and positive use of the internet and screens.

On long car rides, stop for a stretch and play time.



Visit [csep.ca](https://www.csep.ca) to learn how much sleep, sitting, and exercise time a child or youth needs each day.