



Make your whole day matter.

Following these guidelines supports healthy aging.



Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week



Muscle strengthening activities using major muscle groups at least twice a week
Several hours of light physical activities, including standing



Physical activities that challenge balance



Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times



Limiting sedentary time to 8 hours or less, which includes:

No more than 3 hours of recreational screen time

Breaking up long periods of sitting as often as possible



csepguidelines.ca



www.activeagingcanada.ca

Based on the guidelines from the Canadian Society for Exercise Physiology.

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