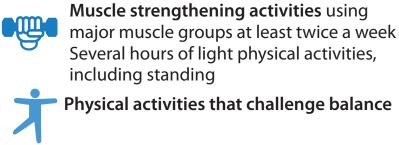


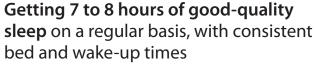
Make your whole day matter.

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





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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