

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

  
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Check out the fun and interactive **Build Your Best Day** educational tool to help children and youth learn more about the Canadian 24-Hour Movement Guidelines.

The Canadian 24-Hour Movement Guidelines for Children and Youth were developed in partnership with the Canadian Society for Exercise Physiology.