

Mental Health Moment

Do you know about the Canadian 24-Hour Movement Guidelines for Children and Youth? For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:

- At least 60 minutes per day of moderate to vigorous physical activities
- Several hours of light physical activity
- Uninterrupted 9-11 hours of sleep (ages 5-13 years)
- No more than 2 hours per day of recreational screen time

To find out more, visit:

http://www.csep.ca/CMFiles/Guidelines/CSEP_SBGuidelines_0-17_en.pdf

