



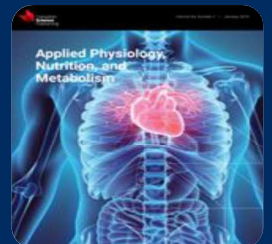
***Canadian 24-Hour Movement Guidelines for Adults
aged 65 years or older: An Integration of Physical
Activity, Sedentary Behaviour, and Sleep.***



**Queen's Retiree Association
September 26th, 2024**

Robert Ross, PhD, FAHA, FCASM, FACSM, FCSEP
Professor, Queen's University, School of Kinesiology and Health Studies

Chairperson
Canadian 24-Hour Movement Guidelines for Adults





World First 24-Hour Movement Guidelines for Adults

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS AGED 18-64 YEARS

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

This document is intended for use by policy makers, health professionals, and researchers, and it may be useful to interested members of the public.

These 24-Hour Movement Guidelines are relevant to adults aged 18-64 years, irrespective of gender, cultural background, or socio-economic status. These Guidelines may not be appropriate for adults aged 18-64 years who are pregnant or possess long-term or disabling or a medical condition. These Guidelines should be used in consultation with the guideline developer, disability-specific recommendations, or a health professional for guidance.

Adults aged 18-64 years should participate in a range of physical activities (e.g., weight-bearing/water-bearing, sport and recreation in a variety of environments (e.g., home, school, community, outdoors/indoors), and leisure and recreation), sit less, transport, occupation, household chores, or leisure screen time. Adults aged 18-64 years should limit long periods of sedentary behaviour and should practice healthy sleep hygiene practices, including, and not limited to, consistent sleep schedules.

Following the 24-Hour Movement Guidelines is associated with these health benefits:

- A lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile, and
- Improved bone health, cognitive quality of life and physical function.

The benefits of following these Guidelines for several potential harms. Following these Guidelines may be challenging for those progressing towards any of the guideline targets will result in some health benefits.

These 24-Hour Movement Guidelines were derived by the best available evidence, expert consensus, stakeholder consultation, and consideration of values and preferences, applicability, feasibility, and equity. A primary and more detailed set of Guidelines, the background research, their interpretation, guidance on how to achieve them, and recommendations for further research and surveillance are available at <https://doi.org/10.1186/s12875-020-01000-0>.

CSEP | SCPE

Adults Aged 18-64 Years

For health benefits, adults aged 18-64 years should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
<ul style="list-style-type: none"> Performing a variety of types and intensities of physical activity, which includes: <ul style="list-style-type: none"> Moderate to vigorous aerobic physical activities which have an accumulation of at least 150 minutes per week Muscle strengthening activities using large muscle groups at least twice a week Several hours of light physical activities, including standing 	<ul style="list-style-type: none"> Getting 7 to 9 hours of good quality sleep on a regular basis, with consistent bed and wake-up times 	<ul style="list-style-type: none"> Limiting sedentary time to 8 hours or less, which includes: <ul style="list-style-type: none"> No more than 30 minutes of recreational screen time Breaking up long periods of sitting as often as possible

24H

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

CSEP | SCPE

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS 65 YEARS OR OLDER

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

This document is intended for use by policy makers, health professionals, and researchers, and it may be useful to interested members of the public.

These 24-Hour Movement Guidelines are relevant to adults aged 65 years or older, irrespective of gender, cultural background, or socio-economic status. These Guidelines may not be appropriate for adults aged 65 years or older who are pregnant or possess long-term or disabling or a medical condition. These Guidelines should be used in consultation with the guideline developer, disability-specific recommendations, or a health professional for guidance.

Adults aged 65 years or older should participate in a range of physical activities (e.g., weight-bearing/water-bearing, sport and recreation in a variety of environments (e.g., home, school, community, outdoors/indoors), and leisure and recreation), sit less, transport, occupation, household chores, or leisure screen time. Adults aged 65 years or older should limit long periods of sedentary behaviour and should practice healthy sleep hygiene practices, including, and not limited to, consistent sleep schedules.

Following the 24-Hour Movement Guidelines is associated with these health benefits:

- A lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile, falls and frailty, and
- Improved bone health, cognitive quality of life and physical function.

The benefits of following these Guidelines for several potential harms. Following these Guidelines may be challenging for those progressing towards any of the guideline targets will result in some health benefits.

These 24-Hour Movement Guidelines were derived by the best available evidence, expert consensus, stakeholder consultation, and consideration of values and preferences, applicability, feasibility, and equity. A primary and more detailed set of Guidelines, the background research, their interpretation, guidance on how to achieve them, and recommendations for further research and surveillance are available at <https://doi.org/10.1186/s12875-020-01000-0>.

CSEP | SCPE

Adults Aged 65 Years or Older

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

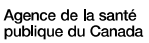
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24H

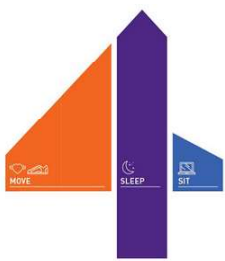
Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

CSEP | SCPE



**Canadian 24-Hour Movement Guidelines:
An Integration of Physical Activity, Sedentary Behaviour, and Sleep**



**Early Years 0-4
Years**

Infants, toddlers and preschoolers need to Move, Sleep and Sit the right amounts.



**Children & Youth
5-17 Years**

Guidelines encourage kids to Sweat, Step, Sleep and Sit the right amounts each day.



**Adults 18-64
Years**

Guidelines to help adults move more, reduce sedentary time, and sleep well.



**Adults 65 Years
and Older**

Guidelines to help adults move more, reduce sedentary time, and sleep well.

**To access the 24-hr movement guidelines please visit
csepguidelines.ca**



Canadian 24-Hour Movement Guidelines for Adults Content Expert-Methodologists / STEERING COMMITTEE



Content Expert (PA)
Lora Giangregorio, PhD



Methodology Expert
Michelle Kho, PhD



Chair
Robert Ross, PhD



Methodology Expert
Veronica Poitras, PhD



Content Expert (INT)
Ian Janssen, PhD



Content Expert (Sleep)
Jean-Philippe Chaput, PhD



Content Expert (SED)
Travis Saunders, PhD



Senior Consultant
Mark Tremblay, PhD



Dissemination Expert
Jennifer Tomason, PhD



Canadian 24-Hour Movement Guidelines for Adults Consensus Panel Members



CSEP Stakeholder
Mary Duggan



PHAC Stakeholder
Karen Roberts, PhD



CSEP Board Member
Kirstin Lane, PhD



ParticipACTION Stakeholder
Tala Chulak-Bozzer, MSc



Content Expert (INT)
Valerie Carson, PhD



Content Expert (SED)
Genevieve Healy, PhD



Dissemination Expert
Amy Latimer-Cheung, PhD



Dissemination Expert
Guy Faulkner, PhD



Content Expert (Sleep)
Julie Carrier, PhD



Reference Librarian
Amanda Ross-White



Behaviour Expert
Ryan Rhodes, PhD



International Consultant
Kenneth Powell, PhD



International Consultant
Peter Katzarzyk, PhD



International Consultant
Sebastien Chastin, PhD



CSEP Communications
Kaleigh Maclaren



CFN Stakeholder
Amanda Lorbergs, PhD



CPHA Stakeholder
Frank Welsh



Family Physician
Mary Kate Gazendam, MD



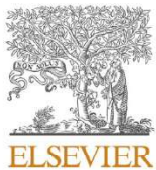
WHO Stakeholder
Juana Willumsen, PhD



Geriatrician
Sharon Marr, MD



Member of Public
Bill Kennedy



A narrative review of global and national physical activity and sedentary behaviour guidelines development processes - The GUielines Standards (GUS) project

Karen Milton ^{a,*}, Coral L. Hanson ^b, Alice Pearsons ^b, Roger Chou ^c, Emmanuel Stamatakis ^{d,e}

“Evaluated against the selected criteria, the strongest processes were undertaken by WHO and Canada”



Take Home Messages

All movement behaviours are associated with substantial health benefit in a dose-response manner. All movement matters!

24-Hour Movement Guidelines provide movement opportunities for individual adults, and counselling options for practitioners.

24-Hour Movement Guidelines provide opportunities to engage in movement behaviours in a way that reflect and respect the *individuality, variability, and personal preferences* of Canadian adults.



Why the move to 24-hr movement guidelines?

Practitioner concern that multiple guidelines are cumbersome, confusing, not easily implemented

Facilitate interpretation, dissemination and uptake of a single guideline

Increasing recognition of the importance of sleep behaviour

Facilitate counselling by practitioners, teachers, pediatricians etc.

That movement behaviours are co-dependent, not independent, they co-exist

Simplify the public health message - *'whole day matters'*



What is unique to the 24-Hour Movement Guidelines?

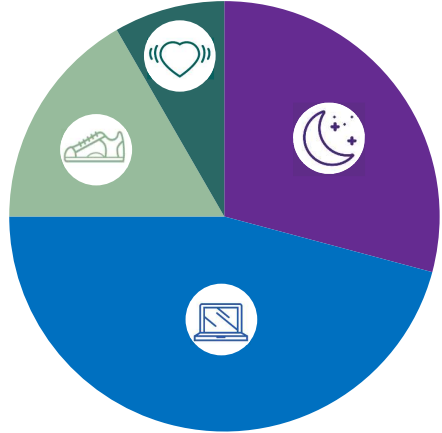
Past Guidelines



Behaviours in isolation

Focus on single behaviour
Example: 30 min of daily MVPA

24-Hour Movement Guidelines

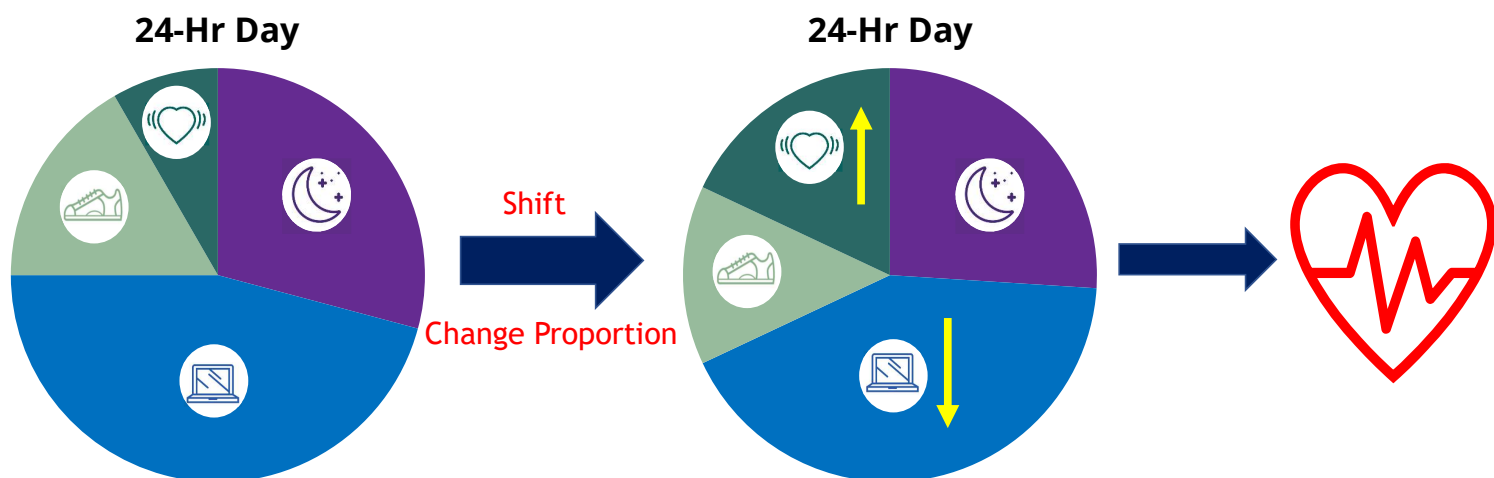


Behaviours co-exist

Composition of movement behaviours matters



Integrated movement behaviour approach

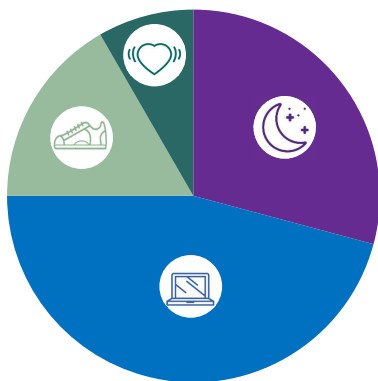


Changing the behavioral composition of your day

The Whole Day Matters!



Movement behaviours are part of a finite whole that must equal 24 hours



	7 hours
	11 hours
	4 hours
	2 hours
	<hr/>
	24 hours



Changing time in one movement behaviour results in an equal but opposite change in the others

 8:00		 8:00
 11:00		 10:00
 5:00		 5:30
 0:00		 0:30
<hr/> 24:00		<hr/> 24:00



Following the Canadian 24-Hour Movement Guidelines for Adults can help you obtain health benefits and live your best life.



Make your whole day matter.



MOVE MORE

Add movement throughout your day, including a variety of types and intensities of physical activity and muscle strengthening activities.



REDUCE SEDENTARY TIME

Limit recreational screen time and break up sedentary time often.



SLEEP WELL

Set yourself up for good-quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at csepguidelines.ca

Principle Assertion

Healthy physical activity, sedentary behaviour and sleep *interact* to promote and protect the health of all adults regardless of age.



What are the recommendations within the 24-Hr Movement Guidelines?

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS AGED 18-64 YEARS:

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

This document is intended for use by policy makers, health professionals, and researchers, and it may be useful to interested members of the public.

These 24-hour Movement Guidelines are relevant to adults aged 18-64 years old, irrespective of gender, cultural background, or socioeconomic status. These Guidelines may not be appropriate for adults aged 18-64 years who are pregnant or persons living with a disability or a medical condition; these individuals should consider consulting the Get Active Queensland, disability/condition-specific recommendations, or a health professional for guidance.

Adults aged 18-64 years should participate in a range of physical activities (e.g., weight bearing/low- or weight bearing, sport and recreation) in a variety of environments (e.g., home/work/community/indoor/outdoor), on/underwater and on/over (e.g., on/ice/ski/snow, transportation, recreation, recreational services) at various times. Adults aged 18-64 years should limit long periods of sedentary behaviour and should practice healthy sleep hygiene practices, behaviour, and environment conducive to sleeping well.

Following the 24-Hour Movement Guidelines is associated with these health benefits:

- a lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile, and
- improved bone health, cognitive, quality of life and physical function.

The benefits of following these Guidelines for increased physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

Adults Aged 18-64 Years

For health benefits, adults aged 18-64 years should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
<ul style="list-style-type: none"> • Performing a variety of types and intensities of physical activity, which includes: <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Getting 7 to 8 hours of good quality sleep on a regular basis, with consistent bed and wake-up times 	<ul style="list-style-type: none"> • Limiting sedentary time to 8 hours or less, which includes: <ul style="list-style-type: none"> • No more than 3 hours of recreational screen time • Breaking up long periods of sitting as often as possible

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS 65 YEARS OR OLDER:

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

This document is intended for use by policy makers, health professionals, and researchers, and it may be useful to interested members of the public.

These 24-hour Movement Guidelines are relevant to adults aged 65 years or older, irrespective of gender, cultural background, or socioeconomic status. These Guidelines may not be appropriate for adults aged 65 years or older living with a disability or a medical condition; these individuals should consider consulting the Get Active Queensland, disability/condition-specific recommendations, or a health professional for guidance.

Adults aged 65 years or older should participate in a range of physical activities (e.g., weight bearing/low- or weight bearing, sport and recreation) in a variety of environments (e.g., home/work/community/indoor/outdoor), land/water and on/over (e.g., on/ice/ski/snow, transportation, recreation, recreational services) at various times. Adults aged 65 years or older should limit long periods of sedentary behaviour and should practice healthy sleep hygiene practices, behaviour, and environment conducive to sleeping well.

Following the 24-Hour Movement Guidelines is associated with these health benefits:

- a lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile, falls and fall-related injuries, and
- improved bone health, cognitive, quality of life and physical function.

The benefits of following these Guidelines for increased physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

Adults Aged 65 Years or Older

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
<ul style="list-style-type: none"> • Performing a variety of types and intensities of physical activity, which includes: <ul style="list-style-type: none"> • 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 two a week • Physical activities that challenge balance • Several hours of light physical activities, including standing 	<ul style="list-style-type: none"> • Getting 7 to 8 hours of good quality sleep on a regular basis, with consistent bed and wake-up times 	<ul style="list-style-type: none"> • Limiting sedentary time to 8 hours or less, which includes: <ul style="list-style-type: none"> • No more than 3 hours of recreational screen time • Breaking up long periods of sitting as often as possible

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

Adults aged 18-64 and 65 years and older

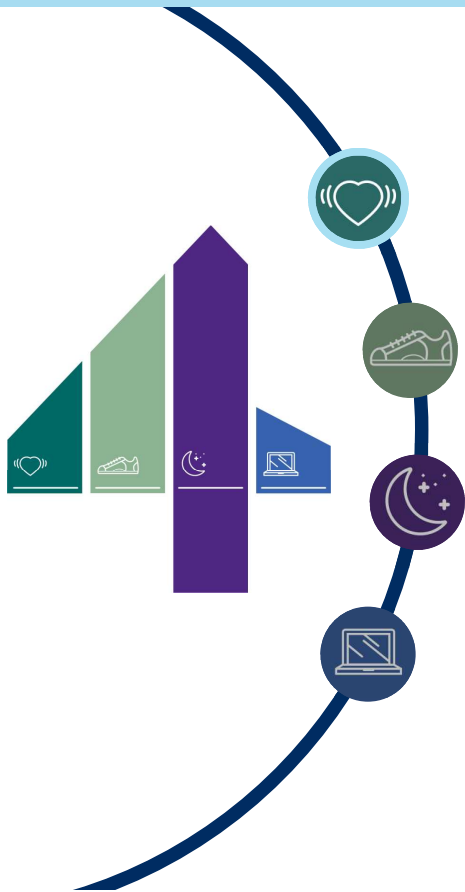
Recommendation

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

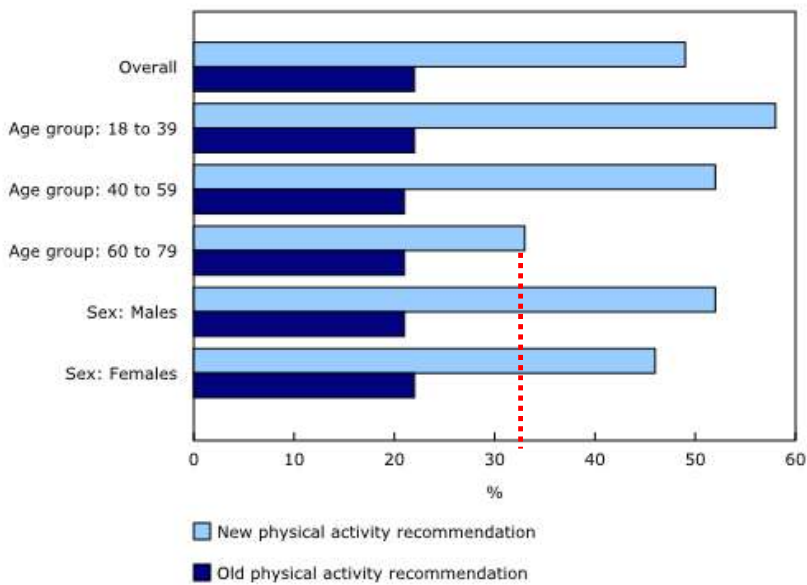
No longer a requirement that MVPA minutes be acquired in no less than 10 min bouts.

Muscle strengthening activities using major muscle groups at least twice a week.

Physical activities that challenge balance **(65 years and older)**.



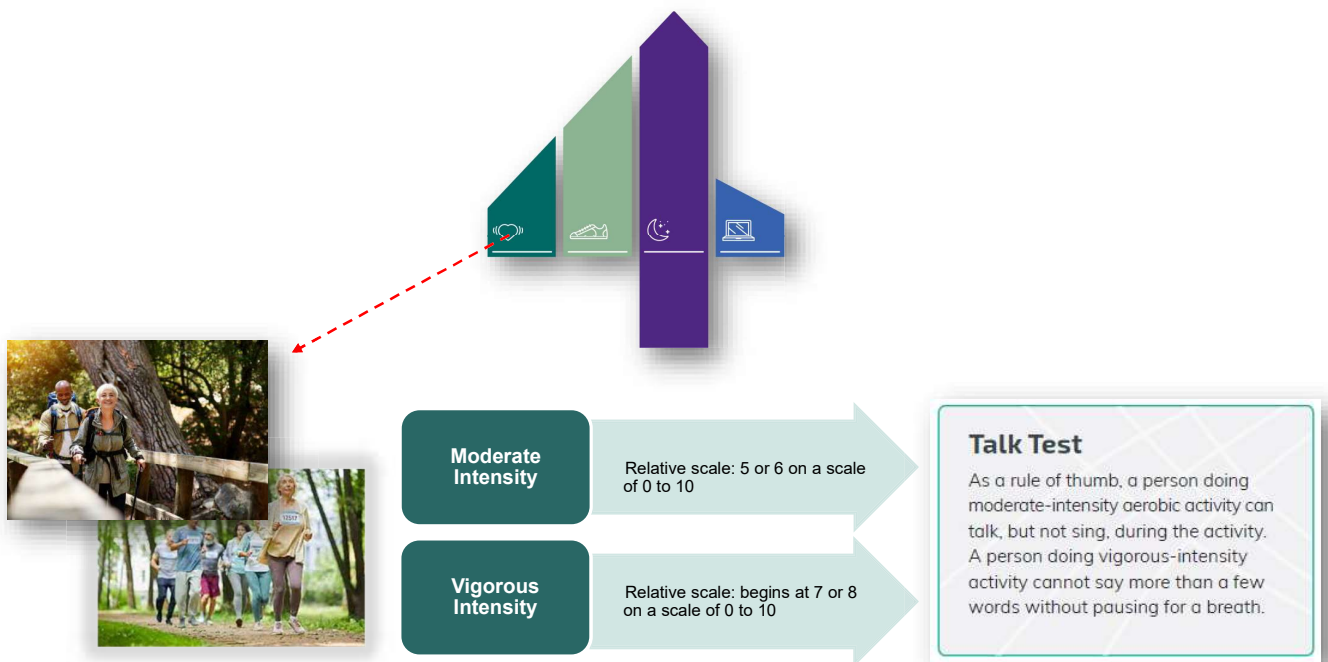
Percentage of adults meeting the new and old weekly moderate-to-vigorous physical activity (MVPA) recommendation.



'Old' guidelines recommended 150 minutes of moderate-to-vigorous physical activity (MVPA) per week in sessions of 10 minutes or more.

'New' physical activity recommendation (*24-Hour Movement Guidelines*) recommend an accumulation of at least 150 minutes of MVPA per week (without the 10-minute session requirement)

Moderate to Vigorous Physical Activity (MVPA)





Key Observations

1

MVPA is associated with a substantial reduction in health risk.

2

Any amount of MVPA counts

3

Reallocating more time into MVPA from any of the other movement behaviours is associated with health benefits.

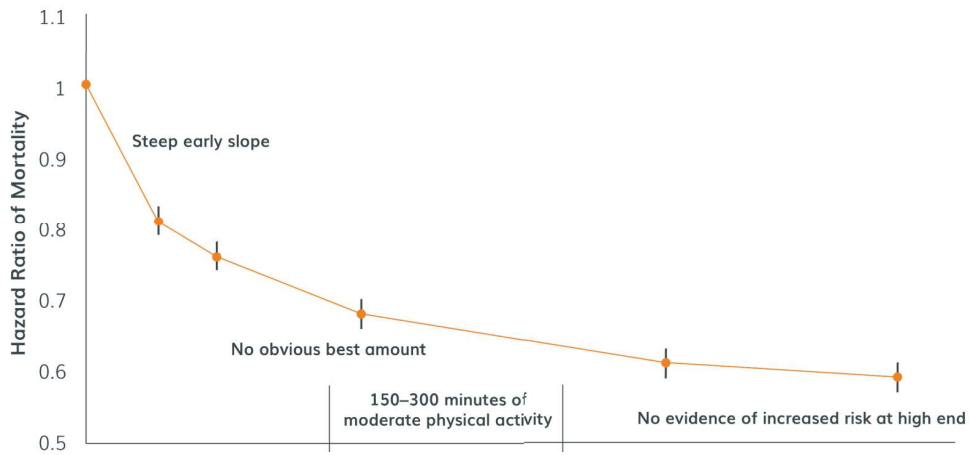


2

Any amount of MVPA counts!

Relationship between MVPA to All-Cause Mortality

No lower threshold for benefits



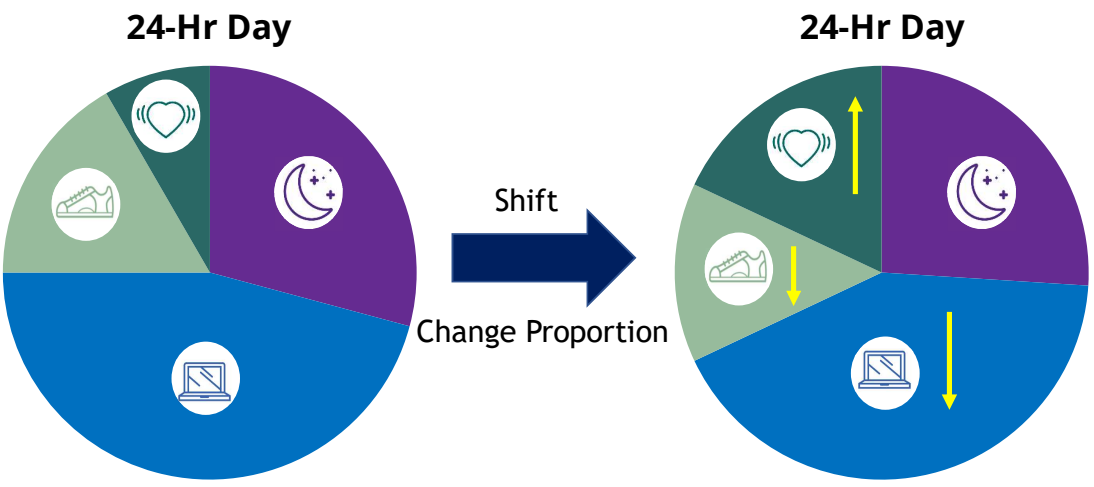
Information adapted from the Physical Activity Guidelines for Americans, 2nd Edition, available at [health.gov/PA Guidelines](http://health.gov/PA-Guidelines)



3

Reallocate time into MVPA

Reallocating more time into MVPA from any of the other movement behaviours is associated with health benefits.



Ian Janssen, PhD

Janssen I., et al. APNM 45:10(S2), 2020.



A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:

- **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
- Physical activities that challenge balance
- Several hours of **light physical activities**, including standing

SLEEP

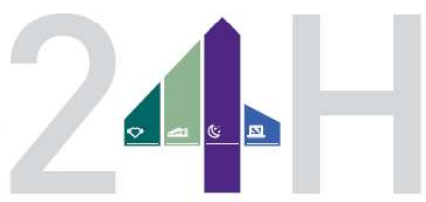
Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR

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

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



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

Any amount of daily MVPA counts!



Implications for Public Health

Participation in MVPA of any length provides additional options for adults of any age which facilitates engagement and promotes opportunities to increase movement behavior.

This is important for individuals who may be unable or unwilling to engage in MVPA bouts that are ≥ 10 minutes in duration.



Adults aged 18-64 and 65 years and older

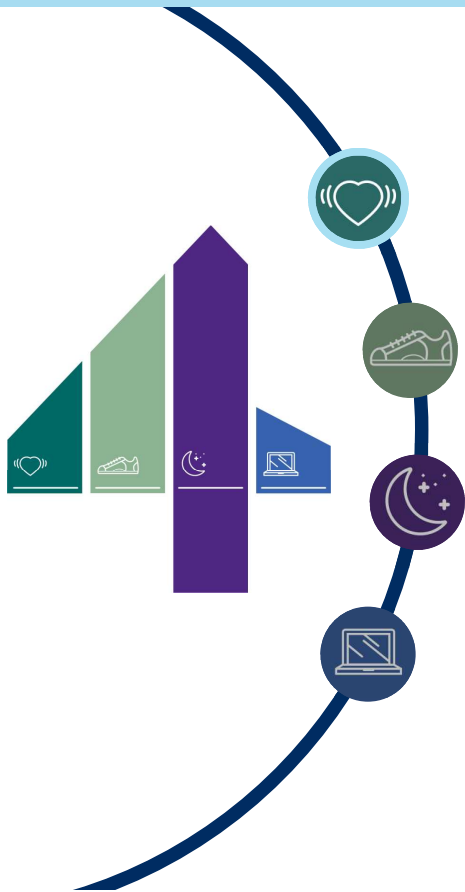
Recommendation

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

No longer a requirement that MVPA minutes be acquired in no less than 10 min bouts.

Muscle strengthening activities using major muscle groups at least twice a week.

Physical activities that challenge balance **(65 years and older)**.



Adults aged 18-64 and 65 years and older

Recommendation

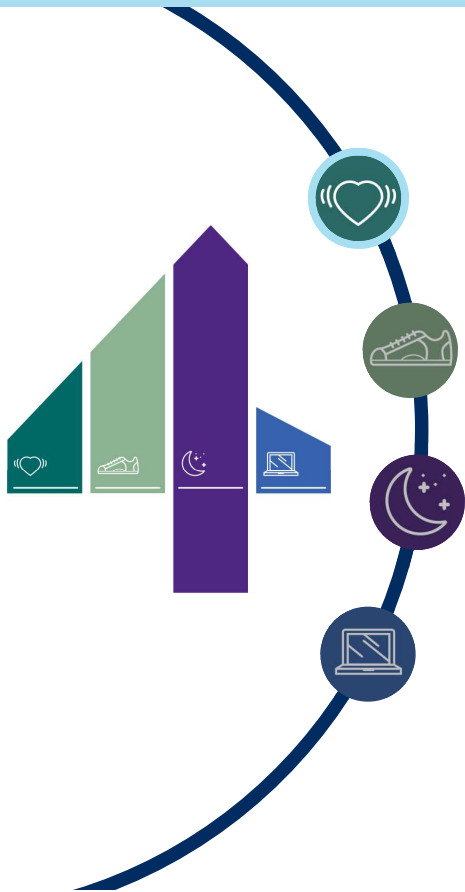
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Muscle strengthening activities using major muscle groups at least twice a week.

Physical activities that challenge balance **(65 years and older)**.

McLaughlin EC, et al. Balance and Functional Training and Health in Adults and Older Adults: An Overview of Systematic Reviews. Appl. Physiol. Nutr. Metab. Vol. 45(10): Suppl. 2: S180-S196, 2020.

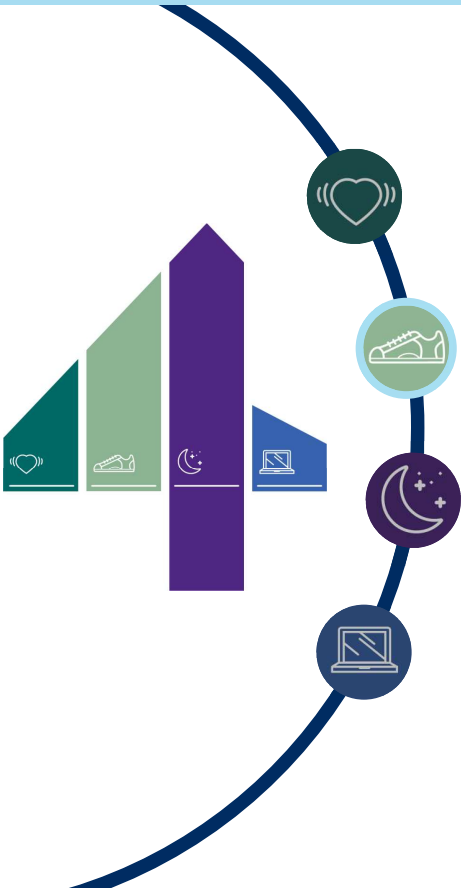


Adults aged 18-64 and 65 years and older, **LIPA**

Recommendation

Several hours of light intensity physical activities, including standing.

First recognition of the health benefits associated with light physical activity.



Light Intensity Physical Activity (LIPA)



LIPA-Key Observations

1

LIPA is associated with substantial reduction in health risk in a dose-response manner.

2

Any amount of LIPA counts

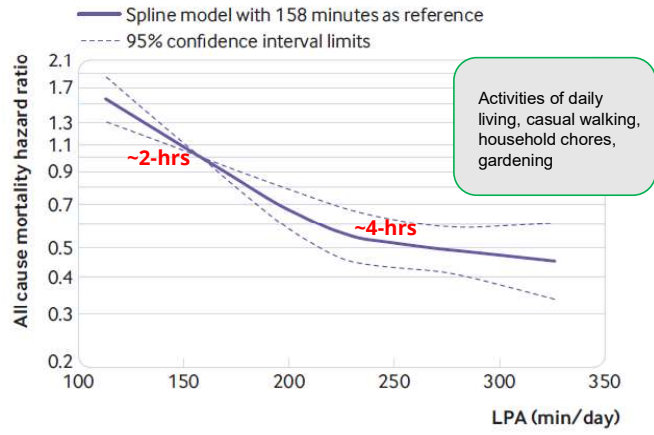
3

Reallocating some sedentary time into any of the other movement behaviours, including LIPA, is associated with health benefits.



1

LIPA is associated with substantial reduction in health risk in a dose-response manner.

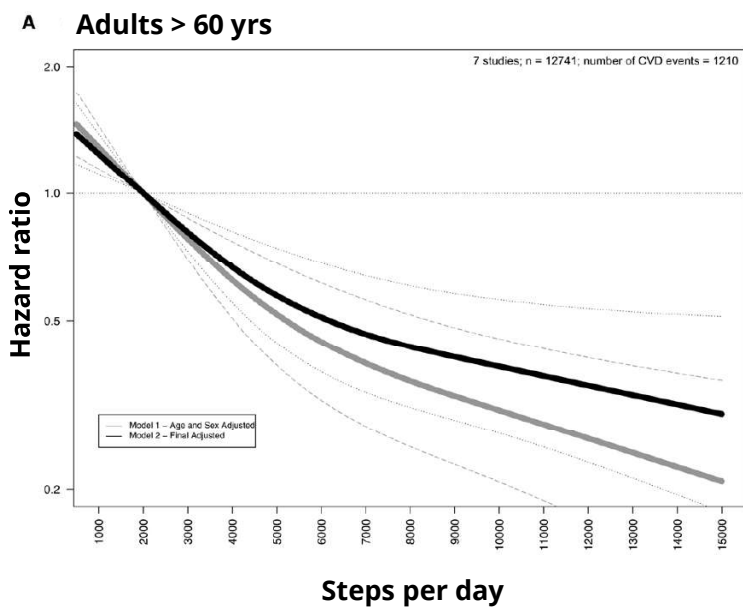


All intensities of **device measured** physical activity, including light intensity, are associated with a substantially reduced risk of death in a dose-response manner.

Ecklund U. et al. BMJ 2019



What about Steps per Day?



ORIGINAL RESEARCH ARTICLE

Prospective Association of Daily Steps With Cardiovascular Disease: A Harmonized Meta-Analysis

Among older adults, taking ≈ 6000 to 9000 steps per day was associated with 40% to 50% lower risk of cardiovascular disease, compared with taking ≈ 2000 steps per day.

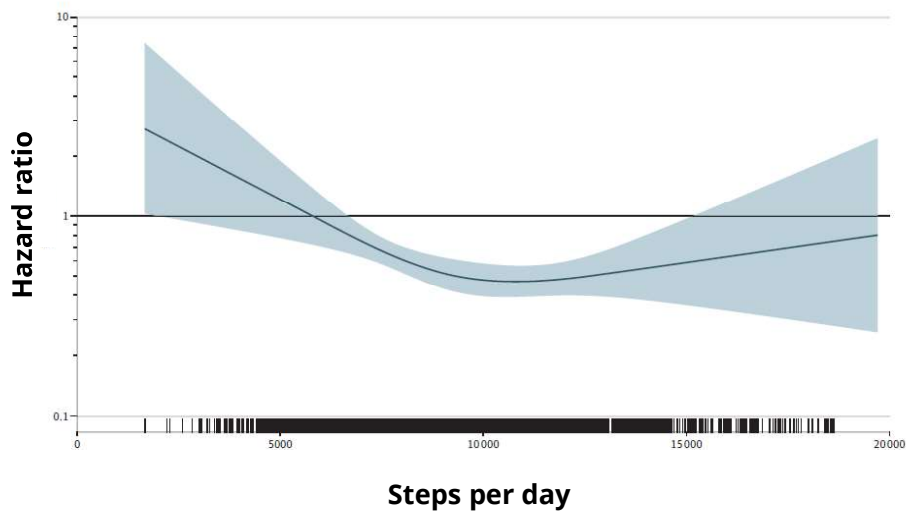
Monitoring and promoting steps per day can be a simple, easy to interpret metric used for clinician-patient communication and population health to reduce the risk of cardiovascular disease events.

Circulation. 2023;147:122–131



What about Steps per Day?

Figure 1. Dose-Response Association of Steps per Day With All-Cause Mortality



Among Black and White men and women in middle adulthood, participants who took approximately 7000 steps/d or more experienced lower mortality rates compared with participants taking fewer than 7000 steps/d. **There was no association of step intensity** with mortality.



Fun Fact

Origin of the 10,000 Steps per day 'rule'?



To capitalize on the popularity of the 1964 Tokyo Olympic Games, a Japanese company called Yamasa Clock created a personal-fitness pedometer called the Manpo-kei.

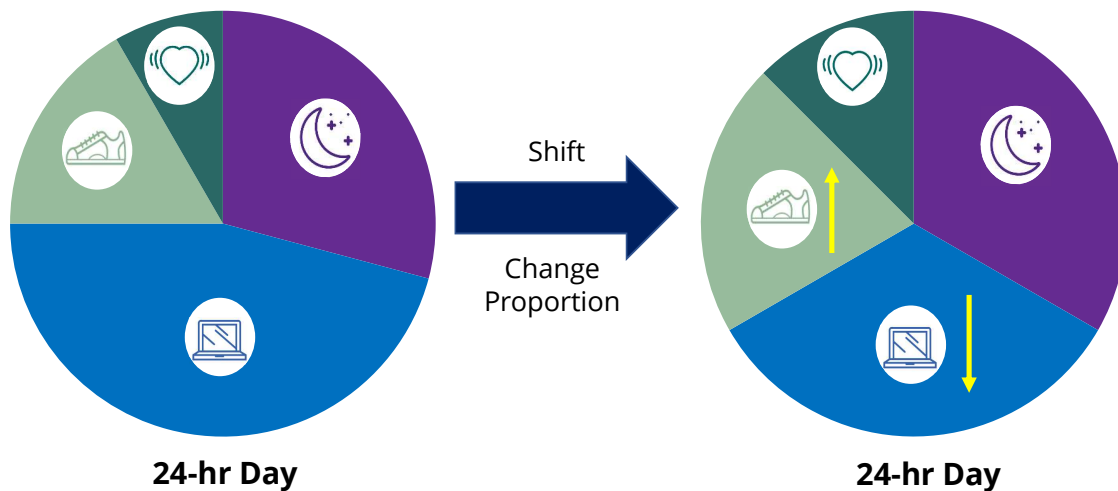
The name derives from the Japanese words “man” meaning 10,000, “po” meaning steps, and “kei” meaning system.



LIPA-Key Observations

3

Reallocating some sedentary time into light physical activity is associated with health benefits.





Implications for Public Health



Participation in routine activities of daily living at home, work or commuting is not onerous.

Engaging in LIPA is feasible for most if not all adults regardless of age.

Supports public health initiatives that advocate for engaging in quiet standing (instead of sitting), and routine activities of daily living such as casual walking and doing household or gardening chores.

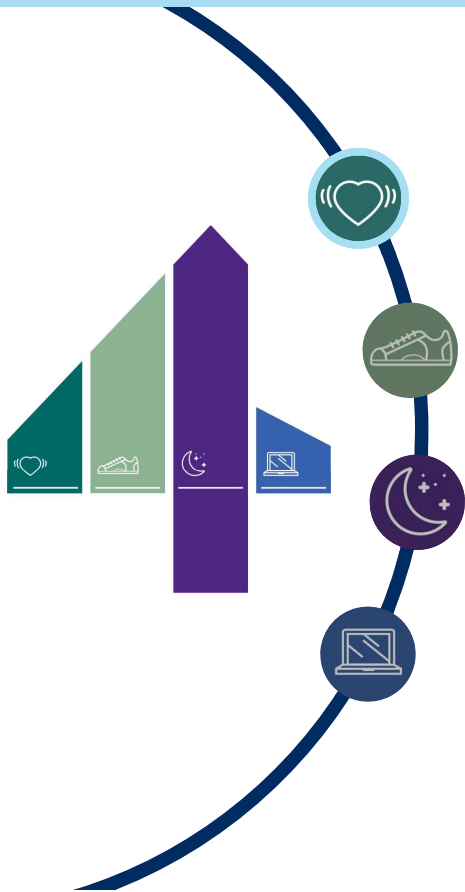
Adults aged 18-64 and 65 years and older

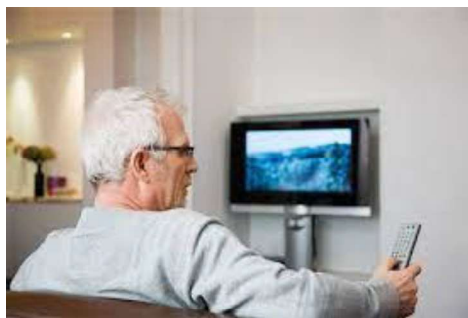
Recommendation

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

No more than 3 hours of recreational screen time

Breaking up long periods of sedentary time as often as possible

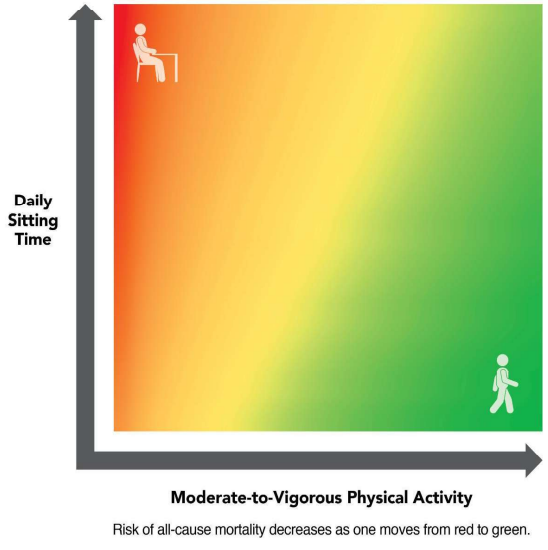
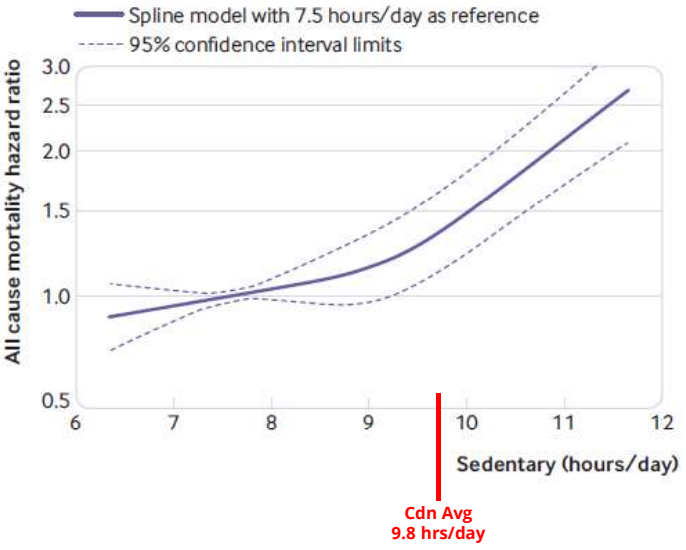




- Sedentary behaviour refers to waking behaviours “characterized by energy expenditure ≤ 1.5 metabolic equivalents (METs), while in a sitting, reclining or lying posture” (Tremblay et al., 2017)
- Includes
 - Sitting
 - Screen and non-screen
 - Occupational, educational and recreational
- Canadian adults spend 9-10 hours/day engaging in sedentary behaviours



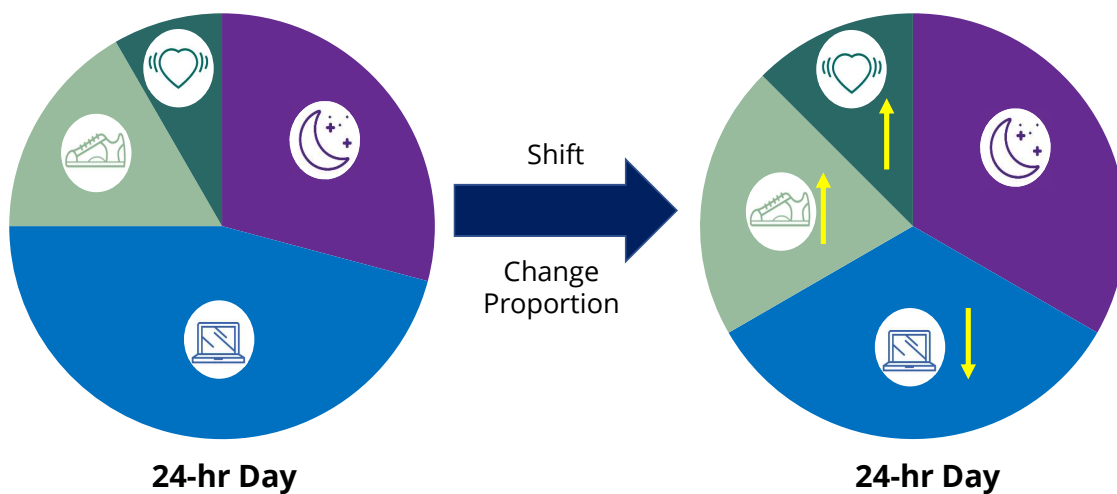
Sedentary Behaviour and Health Risk

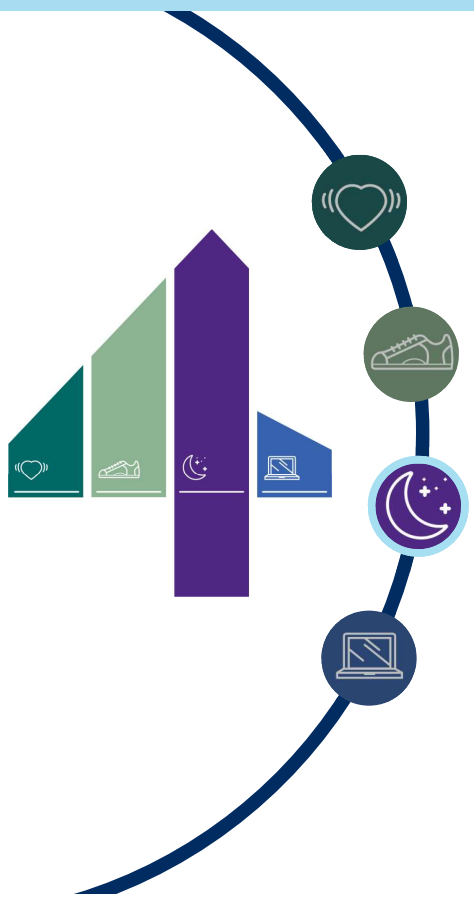


Ecklund U. et al. BMJ 2019



Reallocating some sedentary time into light or moderate physical activity is associated with health benefits.





Recommendation

Adults 18 to 64 Years

Get 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

Adults 65 years and older

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



Jean-Philippe Chaput, PhD

Sleep Content Expert
Canadian 24-Hour Movement Guidelines
for Adults

CHEO Research Institute

“Sleep timing, sleep consistency, and health in
adults: a systematic review”

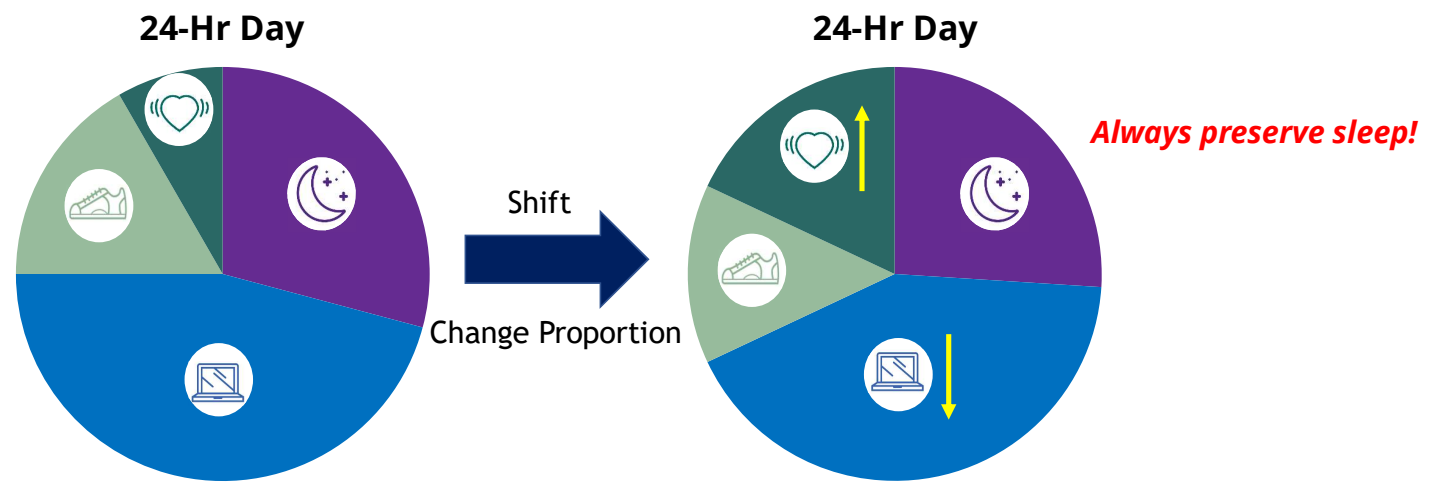
Journal of Applied Physiology, Nutrition, and Metabolism
2020, Volume 45, Number 10 (Suppl 2)



3

Reallocate time into MVPA

Reallocating more time into MVPA from any of the other movement behaviours is associated with health benefits.





CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 65 YEARS OR OLDER)

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
<p>Performing a variety of types and intensities of physical activity, which includes:</p> <ul style="list-style-type: none">Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per weekMuscle strengthening activities using major muscle groups at least twice a weekPhysical activities that challenge balanceSeveral hours of light physical activities, including standing	<p>Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times</p>	<p>Limiting sedentary time to 8 hours or less, which includes:</p> <ul style="list-style-type: none">No more than 3 hours of recreational screen timeBreaking up long periods of sitting as often as possible

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

For health benefits, adults should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

Move more, reduce sedentary time, sleep well

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



Public Health Implications

Integration of movement behaviours provides unique opportunities to:

*Engage in movement behaviours in a way that reflects and respects **your** individuality and **your** preferences.*

Empower the many Canadians who cannot meet a single guideline recommendation.





24-Hour Movement Guidelines speak to Individual Canadians

Following the Canadian 24-Hour Movement Guidelines for Adults can help you obtain health benefits and live your best life.



Make your whole day matter.



MOVE MORE

Add movement throughout your day, including a variety of types and intensities of physical activity and muscle strengthening activities.



REDUCE SEDENTARY TIME

Limit recreational screen time and break up sedentary time often.



SLEEP WELL

Set yourself up for good-quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at csepguidelines.ca

Opportunities to engage in movement behaviours in a way that reflect and respect the **individuality**, **variability**, and **personal preferences** of Canadians.

- Movement options for Canadians
- Counselling options for Practitioners



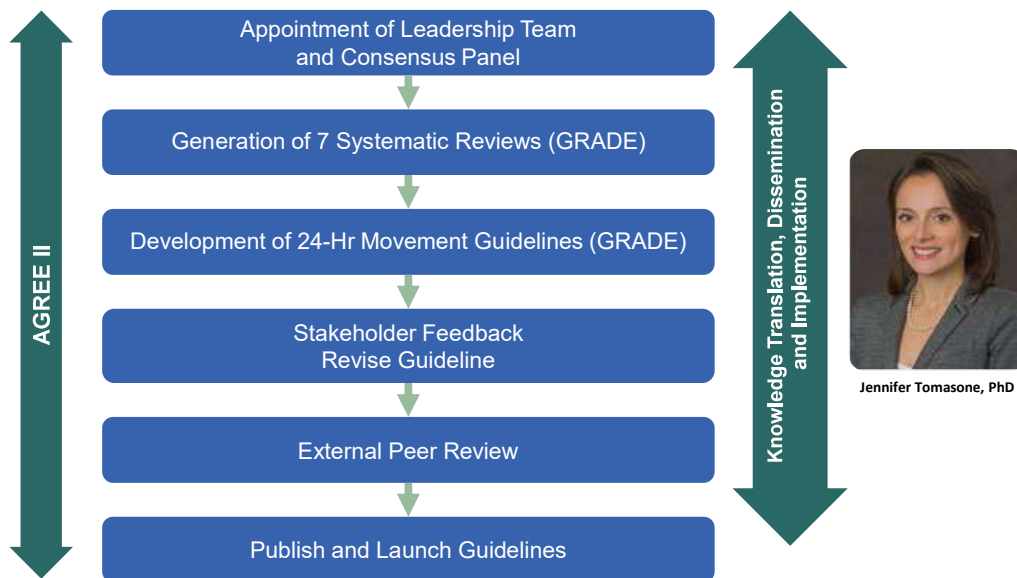
Summary...



Dissemination/implementation.....?

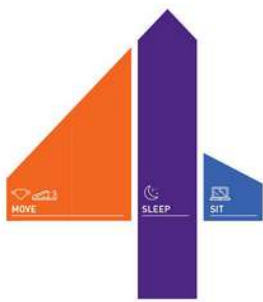


Dissemination of 24-Hour Movement Guidelines in Canada



Jennifer Tomasone, PhD

Canadian 24-Hour Movement Guidelines: An Integration of Physical Activity, Sedentary Behaviour, and Sleep



Early Years 0-4 Years

Infants, toddlers and preschoolers need to Move, Sleep and Sit the right amounts.

[Read More](#)



Children & Youth 5-17 Years

Guidelines encourage kids to Sweat, Step, Sleep and Sit the right amounts each day.

[Read More](#)



Adults 18-64 Years

Guidelines to help adults move more, reduce sedentary time, and sleep well.

[Read More](#)



Adults 65 Years and Older

Guidelines to help adults move more, reduce sedentary time, and sleep well.


[Read More](#)

<https://csepguidelines.ca/>

Communications Toolkits

Make your whole day matter.

Following the Canadian 24-Hour Movement Guidelines for Adults (18-64 years) can help you:

-  Improve fitness
-  Strengthen muscles and bones
-  Improve mental health and well-being

Get the most out of your whole day by **moving more** (e.g., cycling, walking, yoga and swimming), **limiting sedentary time** and **sleeping well**.

Learn more at csepguidelines.ca

Make your whole day matter.

Move More. Reduce Sedentary Time. Sleep Well.

Following the Canadian 24-Hour Movement Guidelines for Adults can help you obtain health benefits and live your best life.

Make your whole day matter.

- MOVE MORE**
Add movement throughout your day, including a variety of types and intensities of physical activity and muscle strengthening activities.
- REDUCE SEDENTARY TIME**
Limit recreational screen time and break up sedentary time often.
- SLEEP WELL**
Set yourself up for good quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at csepguidelines.ca

REDUCE SEDENTARY TIME

Make your whole day matter.

SLEEP WELL

Make your whole day matter.

MOVE MORE

Make your whole day matter.

<https://csepguidelines.ca/promo-material>

Communications Toolkit

<https://csepguidelines.ca/promo-material/>

Communications Toolkit

Below are several resources to download and promote the 24-Hour Movement Guidelines for Adults 18-64 years and Adults 65 years and older.

[Download The Complete Communications Toolkit \(ZIP\)](#)

Promote the Guidelines!
An overview of the components available to promote the guidelines, key messages and and sample content. (ZIP)

Poster
A one-page general poster to promote the guidelines to all adults (PDF, 1 pp, 173KB)

Tips
A one-page series of tips to meet the guidelines for all adults (PDF, 1pp, 178KB)

[Download](#) [Download](#) [Download](#)

Adults 18-64

Adults 65+

Resources for Adults 18-64 years

Resources for Adults 65+

Download	Download	Download	Download	Download	Download

ਆਪਣੇ ਦਿਨ ਦੇ ਹਰੇਕ ਪਲ ਨੂੰ ਜਿਉਣਾ ਸਿੱਖੋ।

18-64 ਸਾਲ ਦੇ ਵਿਅਕਤੀਆਂ ਨੂੰ ਕੋਨੋਡੀਅਨ 24-ਘੰਟੇ ਸਰੀਰਕ ਗਤੀਵਿਧੀਆਂ ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼ਾਂ ਅਨੁਸਾਰ ਸਰੀਰਕ ਕਸਰਤ, ਲਗਾਤਾਰ ਬੈਠਣ ਅਤੇ ਨੀਂਦ ਲਈ ਕੁਝ ਅਸੂਲਾਂ ਦਾ ਪਾਲਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।
ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼ਾਂ ਦੀ ਪਾਲਣਾ ਕਰਨ ਨਾਲ ਤੁਹਾਨੂੰ ਸਿਹਤ ਲਾਭ ਪ੍ਰਾਪਤ ਕਰਨ ਅਤੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਧੀਆ ਜੀਉਣ ਵਿੱਚ ਮਦਦ ਮਿਲ ਸਕਦੀ ਹੈ।



Post-Launch - Translation of Guidelines to Punjabi

Entire toolkit is available (download for free) in Punjabi



ਵਧੇਰੇ ਹਿਲਜੁਲ ਕਰੋ

ਸਰੀਰਕ ਗਤੀਵਿਧੀਆਂ ਦੀਆਂ ਕਈ ਕਿਸਮਾਂ ਅਤੇ ਤੀਬਰਤਾਵਾਂ ਹਨ, ਆਪਣੇ ਸਰੀਰ ਨੂੰ ਦਿਨ ਭਰ ਹਿਲਾਓ:

ਹਰ ਹਫ਼ਤੇ ਘੱਟੋ-ਘੱਟ 150 ਮਿੰਟ ਦਰਮਿਆਨੀ ਤੋਂ ਜ਼ੋਰਦਾਰ ਸਰੀਰਕ ਗਤੀਵਿਧੀਆਂ ਕਰੋ।

ਹਫ਼ਤੇ ਵਿੱਚ ਘੱਟੋ-ਘੱਟ ਦੋ ਵਾਰ ਮਾਸਪੇਸ਼ੀਆਂ ਨੂੰ ਮਜ਼ਬੂਤ ਕਰਨ ਵਾਲੀਆਂ ਗਤੀਵਿਧੀਆਂ ਕਰੋ।

ਕਈ ਘੰਟਿਆਂ ਦੀ ਹਲਕੀ ਸਰੀਰਕ ਗਤੀਵਿਧੀ ਕਰੋ, ਜਿਵੇਂ ਕਿ ਖੜ੍ਹੇ ਹੋਣਾ।



ਬੈਠਣ ਦਾ ਸਮਾਂ ਘਟਾਓ

ਇੱਕ ਦਿਨ ਵਿੱਚ ਕੁੱਲ ਬੈਠਣ ਦੇ ਸਮੇਂ ਨੂੰ 8 ਘੰਟੇ ਜਾਂ ਘੱਟ ਤੱਕ ਸੀਮਤ ਕਰੋ।

ਮਨੋਰੰਜਨ ਲਈ ਸਕਰੀਨ (ਟੀਵੀ/ਸਿਬਾਈਲ/ਕੰਪਿਊਟਰ) ਦੇ ਸਾਹਮਣੇ 3 ਘੰਟੇ ਤੋਂ ਵੱਧ ਨਹੀਂ ਬੈਠਣਾ ਚਾਹੀਦਾ।

ਜਿੰਨਾ ਹੋ ਸਕੇ ਬੈਠਣ ਦੇ ਲੰਬੇ ਸਮੇਂ ਨੂੰ ਖੜ੍ਹੇ ਹੋ ਕੇ ਤੋੜੋ (ਬਰੇਕ ਲਓ)।

ਵਧੇਰੇ ਸਿਹਤ ਲਾਭ ਲਈ ਵਾਧੂ ਸਰੀਰਕ ਗਤੀਵਿਧੀਆਂ ਨਾਲ ਬੈਠਣ ਵਾਲੇ ਵਿਵਹਾਰ ਨੂੰ ਬਦਲਣਾ, ਅਤੇ ਹਲਕੀ ਸਰੀਰਕ ਕਸਰਤ ਦੀ ਬਜਾਏ ਮੱਧਮ-ਤੋਂ-ਜ਼ੋਰਦਾਰ ਸਰੀਰਕ ਕਸਰਤ ਦਾ ਵਿਵਹਾਰ ਕਰਨਾ, ਜ਼ਿਆਦਾ ਨੀਂਦ ਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖਦੇ ਹੋਏ।



ਚੰਗੀ ਨੀਂਦ ਲਓ

ਰੋਜ਼ਾਨਾ 7 ਤੋਂ 9 ਘੰਟੇ ਦੀ ਚੰਗੀ ਗੁਣਵੱਤਾ ਵਾਲੀ ਨੀਂਦ ਲਈ ਆਪਣੇ ਆਪ ਨੂੰ ਤਿਆਰ ਕਰੋ, ਜਿਵੇਂ ਕਿ ਇੱਕੋ ਸਮੇਂ 'ਤੇ ਸੋਣਾ ਅਤੇ ਜਾਗਣਾ।

ਹੋਰ ਜਾਣਕਾਰੀ ਲਈ csepguidelines.ca ਵੈੱਬਸਾਈਟ 'ਤੇ ਜਾਓ।





Primary Process Paper

Guideline Development Process, Robert Ross, PhD

Systematic Reviews

Sleep Duration, *Jean-Phillippe Chaput, PhD*
Sleep Quality, *Jean-Phillippe Chaput, PhD*
Sedentary Behaviour, *Travis Saunders, PhD*
Resistance Exercise, *Rasha El-Kotob, MSc*
Balance and Functional Training, *Emily McLaughlin, BSc.*
Compositional Analysis, *Ian Janssen, PhD*

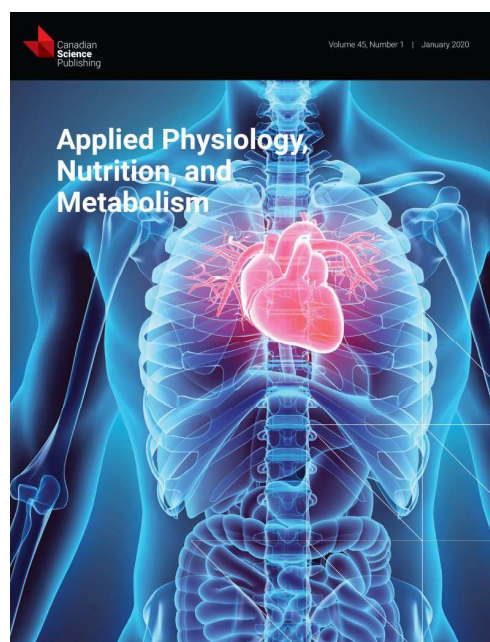
Methodology Review

Approach for Overviews of Reviews, *Michelle Kho, PhD*

Knowledge Translation Manuscripts

Knowledge Translation Process, *Jennifer Tomasone, PhD*
Dissemination/Implementation, *Jennifer Tomasone, PhD*
Optimal Messaging, *Emma Faught, BSCh*

Volume 45, Number 10 (Suppl 2)



Guest Editor:

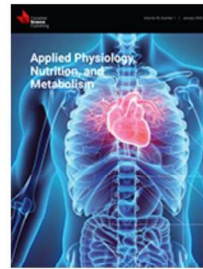
Christine Friedenreich, PhD, FCAHS, FRSC

*Scientific Director, Cancer Epidemiology and Prevention
Cumming School of Medicine and Faculty of Kinesiology
University of Calgary*

Journal Supplement

Evidence to support the 24-Hour Movement Guidelines for Adults aged 18-64 and Adults 65 years and older has been published in a special supplement of *Applied Physiology, Nutrition, and Metabolism (APNM)*.

Volume 45 • Number 10 (Suppl. 2) • October 2020
CSEP Special Supplement: Canadian 24-Hour
Movement Guidelines for Adults aged 18–64 years and
Adults aged 65 years or older (online only) /
Supplément spécial de la SCPE : Directives canadiennes
en matière de mouvement sur 24 heures pour les
adultes âgés de 18 à 64 ans et les adultes âgés de 65
ans et plus (électronique seulement)



Guest Editor

Christine Friedenreich, PhD, FCAHS, FRSC
Scientific Director, Cancer Epidemiology and Prevention Research
Cancer Care Alberta, Alberta Health Services
Adjunct Professor and Division Head, Preventive Oncology
Departments of Oncology, Community Health Sciences
Interim Scientific Director, O'Brien Institute of Public Health
Cumming School of Medicine and Faculty of Kinesiology
University of Calgary

Introduction

Introduction to the Canadian 24-Hour Movement Guidelines for Adults aged 18–64 years and Adults aged 65 years or older: an integration of physical activity, sedentary behaviour, and sleep

Robert Ross and Mark Tremblay
Vol. 45 No. 10 (Suppl. 2) pp. v–xi

Articles

Canadian 24-Hour Movement Guidelines for Adults aged 18–64 years and Adults aged 65 years or older: an integration of physical activity, sedentary behaviour, and sleep

Robert Ross, Jean-Philippe Chaput, Lora M. Giangregorio, Ian Janssen, Travis J. Saunders, Michelle E. Kho, Veronica J. Poitras, Jennifer R. Tomasono, Rasha El-Kotob, Emily C. McLaughlin, Mary Duggan, Julie Carrier, Valerie Carson, Sebastien F. Chastin, Amy E. Latimer-Cheung, Tala Chulak-Bozzer, Guy Faulkner, Stephanie M. Flood, Mary Kate Gazendam, Genevieve N. Healy, Peter T. Katzmarzyk, William Kennedy, Kirstin N. Lane, Amanda Lorbergs, Kaleigh Maclaren, Sharon Marr, Kenneth E. Powell, Ryan C. Rhodes, Amanda Ross-White, Frank Welsh, Juana Willumsen, and Mark S. Tremblay
Vol. 45 No. 10 (Suppl. 2) pp. S57–S102



**To access the 24-hr movement guidelines
please visit**

csepguidelines.ca

rossr@queensu.ca