**Sweat, Step, Sleep, Sit**

Monthly Campaign Announcements:

| Day 1 | This month we’re going to be learning about Canada’s 24-Hour Movement Guidelines, which are guidelines to help us live an active and happy life, 24 hours a day! The guidelines focus on four activities and the amounts we should be doing them. They are: sweat, step, sleep and sit |
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| Day 2 | Today we’re going to talk about sweat. Physical activity should be a key part of your day. You should try to get 60 minutes of moderate to vigorous intensity physical activity every day! To do this everyday, you should do a physical activity that you enjoy. That can be going for a hike with friends, going to the fitness centre at the school, participating in after school sports - if you enjoy it, you are more likely to stick with it! |
| Day 3 | When we talk about sweat, step, sleep, and sit, the step part means light intensity activities, such as going for a walk or using the stairs. These activities won’t cause you to sweat or be out of breath, but they’re still important. Students up to 17 years old should be aiming for 12,000 steps per day, so stop sitting and start stepping! |
| Day 4 | Sleep is an important part of growth and development. If you’re 14 to 17 years old you should be getting 8 to 10 hours of sleep per night. Getting enough sleep will give you all the energy you need to do heart pumping physical activities. How many hours of sleep did you get last night? A tip to get consistent sleep is to develop a night time routine and go to bed at the same time, and wake up at the same time, everyday. |
| Day 5 | It’s important to notice how much you sit or are sedentary every day. When you do sedentary activities like watching TV, playing video games or playing on the computer, you’re sitting down. You should aim to have no more than two hours of screen time outside of school a day.  |
| Day 6 | Moderate-intensity physical activities will cause you to sweat a little and to breathe harder. On a scale of 0 to 10 (with 10 being an absolute maximum effort and 0 being completely at rest), moderate activities are about a 5 or 6. While doing moderate-intensity activity you should still be able to talk, but not sing your favourite song. Try to do 60 minutes of moderate intensity physical activity today. An example of this would be going for a hike. |
| Day 7 | Remember the goal is to have 60 minutes of moderate to vigorous intensity physical activity each day. Vigorous-intensity physical activities will cause you to sweat and be out of breath. On a scale of 0 to 10 (with 10 being maximum effort and 0 being completely at rest), vigorous activities are about a 7 or 8. While doing vigorous activity, you shouldn’t be able to say more than a few words without pausing for a breath. An example of this would be running two laps around a track. |

| Day 8 | The average 12-to-17-year-old spends 8.5 hours being sedentary every day! The goal is to have no more than 2 hours of sedentary activity daily, so there are some changes that we need to make. You can try to decrease your sedentary time by unplugging your video games once a week, walking to school instead of getting a ride, joining the Run Club at school, or starting one if your school doesn’t have one. And finally, getting outside instead of staying indoors.  |
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| Day 9 | Have you ever noticed your mood, energy levels, and motivation when you get enough hours of sleep compared to when you don’t get the proper amount of sleep? Try to eliminate or decrease your amount of screen time before you go to bed. This will help your mind and body get ready to fall asleep. The more sleep you have, the more energy you will have to be physically active.  |
| Day 10 | Encourage your whole family to be active. Suggest that you eat supper together and then invite everyone to go for a walk around your neighbourhood or be active outdoors. It won’t take long to reach the recommended 60 minutes of physical activity when you’re having fun by moving with your family! |
| Day 11 | It’s important to do activities that move your muscles to make your muscles stronger, which will help with your overall health and functional fitness. Check in with a physical education teacher if you are interested in learning about appropriate fitness room routines! |
| Day 12 | Doing heart pumping activities for at least 60 minutes a day and limiting your screen time to less than two hours per day can help you do better in school, improve your emotional well being, and your general mood! |

| Day 13 | There are 1,440 minutes in a day and you need 60 minutes of moderate or vigorous physical activity a day for good health. Sometimes school can get busy with assignments, projects, and exams, but it is important that you try and fit movement into your routine. An example of how you could do this is to go for a walk each morning before school, or right after. |
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| Day 14 | Here are a few more easy ways to get physical activity into your day:* Take the stairs instead of the elevator, if it is an option.
* If you drive to school, park farther away.
* When studying with friends, take breaks to go on walks, or walk and quiz each other!
* Exercise with friends - some people enjoy the social aspect of exercising!
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| Day 15 | Do you remember the two types of intensities of physical activity we learned about? Have you done activities this week that were *vigorous* or *moderate*? Did they make your heart beat faster and perhaps cause you to sweat? Share with your teacher or the person beside you what activities you did yesterday to incorporate movement into your day. |
| Day 16 | Did you get enough sleep last night? If you’re 13 to 17 years old, you should have slept for 8 to 10 hours last night. Here’s a few tips to help you get a good night's sleep: Keep all electronics out of your room, don’t have pets in your bedroom, and make sure your bedroom is dark and quiet.  |
| Day 17 | Did you know that when you use electronic devices late at night, that confuses your body into thinking that it should still stay awake? This will negatively impact your sleep, making it harder to get to sleep and stay asleep. A tip for improving your sleep is to avoid screen time an hour before bed. |
| Day 18 | We’ve learned about the importance of sweating, stepping, sleeping, and sitting. To be healthy you need to do moderate and/or vigorous activity, have less than two hours of sedentary behaviour, and get enough sleep each day. So, do your best to sweat, step, sleep, and sit in the right amounts! |