



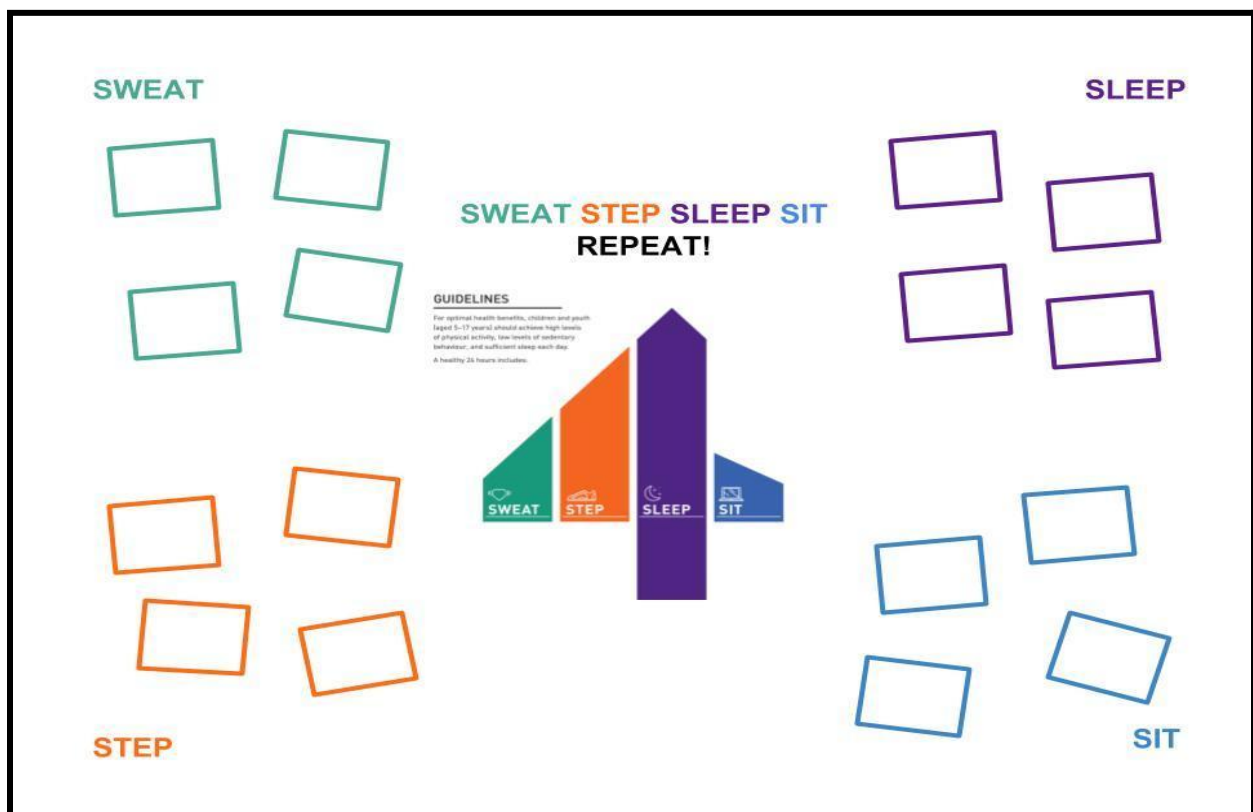
Sweat, Step, Sleep, Sit

Monthly Campaign Bulletin Board:

Theme:

This campaign is focused on the [Canadian 24-hour Movement Guidelines](#). The guidelines provide recommendations on how much students up to age 17 should sweat, step, sleep and sit in a 24-hour cycle.

Bulletin Board Example:



Classroom Instructions:

Review the Canadian 24-Hour Movement Guidelines with your class. Key takeaways from the guidelines are:

- Practice healthy sleep hygiene (sleep hygiene includes habits and practices that are conducive to sleeping well).
- Limit sedentary behaviours (especially screen time)

- Participate in a range of physical activities in a variety of environments (home/school/community; indoors/outdoors; land/water; summer/winter) and contexts (play, recreation, sport, hobbies, and chores).

Review the guidelines for Sweat, Step, Sleep and Sit:

SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

In summary, achieving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

For more information, visit <https://www.participaction.com>.

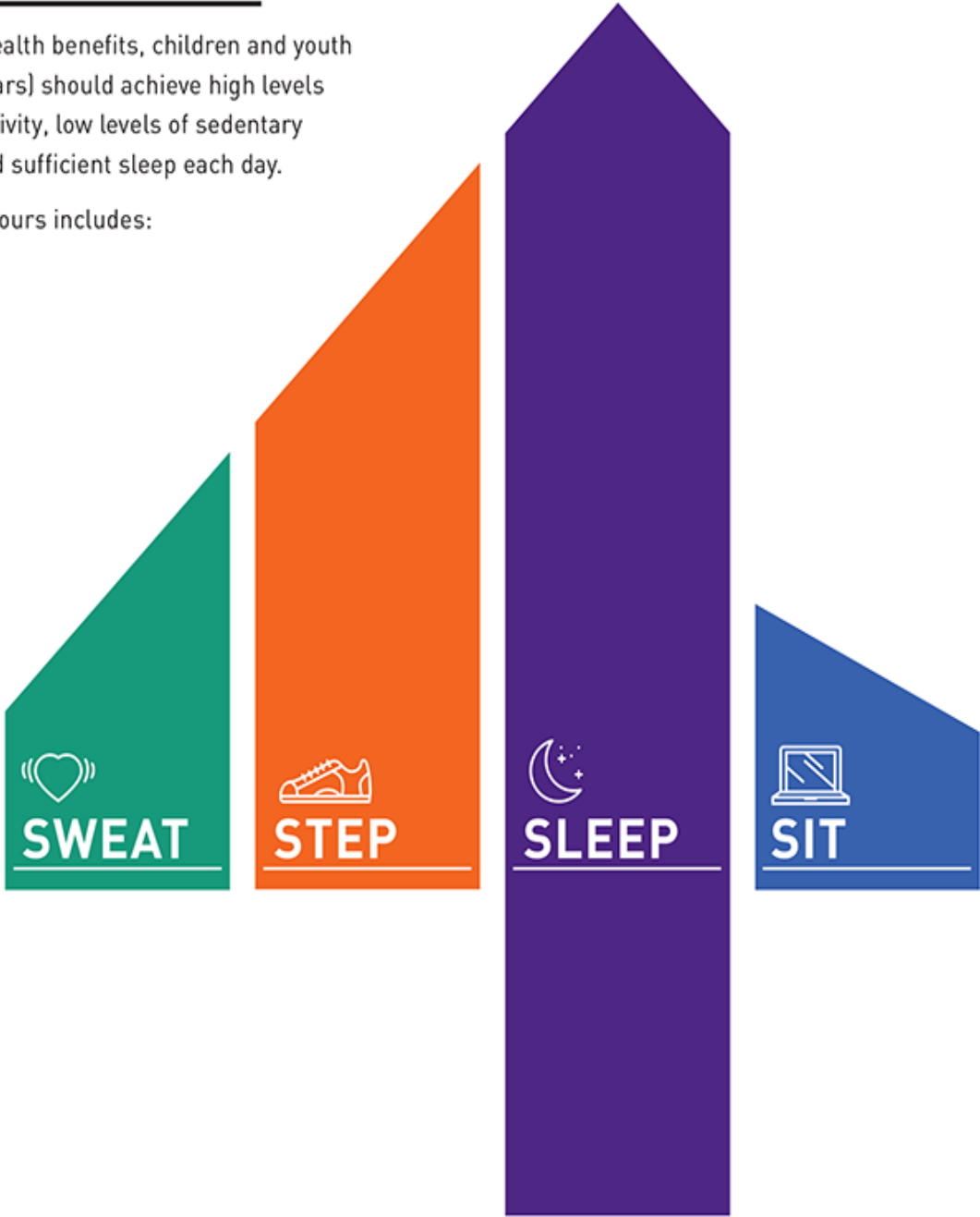
Bulletin Board Instructions:

A poster for the 24-hour movement guidelines and worksheets for students are provided below. Students are to respond to the question on their worksheet by writing and drawing a picture of an activity that represents their specific worksheet (sweat, step, sleep or sit). Equally distribute the 4 worksheets among students so that each student has one.

GUIDELINES

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:



SWEAT

STEP

SLEEP

SIT



My favorite way to get active and SWEAT is

My favorite light physical activity to increase my daily STEPS is

My favorite healthy habit before I go to SLEEP is

My favorite activity when I need to SIT is
