**Sweat, Step, Sleep, Sit**

Monthly Campaign Announcements

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| Day 1 | This month we’re going to be learning about Canada’s 24-Hour Movement Guidelines, which are guidelines to help us live a healthy and happy life, 24 hours a day! The guidelines focus on 4 activities and the amounts we should be doing them. They are: sweat, step, sleep and sit  |
| 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! Do you get sweaty and increase your heart rate when playing at recess and outside? If not increase the activity level by running farther or faster.  |
| Day 3 | When we talk about sweat, step, sleep, and sit, the step means light intensity activities, such as playing quietly. These activities won’t cause you to sweat or be out of breath, but they’re still important. Students 5 to17 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 healthy development. Kids 5 to13 years old need to get 9 to 11 hours of sleep every night and 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?  |
| 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. You should aim to have no more than 2 hours of screen time outside of school a day. Stop sitting and start sweating! |
| 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. |
| Day 7 | Remember the goal is to have 60 minutes of moderate to vigorous intensity physical activity each day. Try to add some minutes of vigorous activity into your daily play. Vigorous-intensity physical activities will cause you to sweat and be out of breath. On a scale of 0 to 10 (with 10 being an absolute 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.  |

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| Day 8 | The average 5-to-17-year-old spends 8.5 hours being sedentary every day! With a goal of two hours or less, there is obviously some changes that need to be made. Decrease your sedentary time by unplugging your video and computer games once a week, walk to school instead of getting a ride, join the Run Club at school (or start one), and get outside instead of staying indoors.   |
| 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 the amount of screen time you do right 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 neighborhood or play tag in your backyard. 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. Activities like tug of war, swinging on the monkey bars and modified push-ups with your knees on the floor all help to strengthen your muscles. Try one of those activities today at recess.   |
| Day 12 | Yesterday we learned that it's important to do muscle-strengthening activities. It’s also really important to do bone-strengthening activities. Games like hop scotch, jumping rope, running, or playing sports like soccer and basketball all help your bones grow and get stronger. |
| Day 13 | 60 minutes of physical activity a day helps your muscles develop and helps keep your heart working properly. Try a variety of physical activities. Did you know that (*School Health Facilitator/Health Champion*)'s favourite activity is \_\_\_\_\_\_\_\_\_\_\_\_\_ and *(Principal’s name)*'s favourite activity is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Ask your teacher what their favorite physical activity is and share yours too. |
| Day 14 | Did you know that you don’t have to be an athlete to be active? You can do a wide variety of activities that are fun and get your body moving and heart pumping. Try to mix it up with different activities that you enjoy. It is good to have some unstructured time to roam, play and explore, with your family or with friends. |
| Day 15 | Today we’re going to try a moderate movement. Remember, moderate intensity activities cause you to sweat a little and breathe a little harder. Today’s moderate movement is high knees. Everyone stand up, push in your chairs and lift your knees up high for the next 10 seconds. Ready, set go! (count to 10) Put your hand on your heart or find your pulse, is it beating hard?  |

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| Day 16 | Doing heart pumping activities for at least 60 minutes a day and limiting your screen time to less than 2 hours per day can help you do better in school, have fun playing with your friends and feel happier. What are you waiting for - let’s turn off the tube and get on the move! |
| Day 17 | There are 1,440 minutes in a day and you need 60 minutes of moderate or vigorous physical activity a day for good health. What are you waiting for? Let’s get active right now with a moderate movement. Today we are going to do chair cycling. Sit back in your chair, lift your feet up and move your legs like you’re pedaling a bike. Go as fast as you can for 10 seconds! Ready, set go! (count to 10) Was this vigorous or moderate exercise? Can you still talk? How hard is your heart beating?  |
| Day 18 | Did you get enough sleep last night? If you’re 5 to13 years old, you should have slept for 9 to 11 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. Tell your teacher one thing that you will do to help you get more sleep. |
| Day 19 | 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 harder and perhaps cause you to sweat? Share with your teacher or the person beside you what activities you did yesterday that got your heart pumping. |
| Day 20 | There are lots of ways to be physically active on the weekend. You can be active around the house by doing things like sweeping or mopping the floors, vacuuming, raking leaves, or shoveling snow. Those will add up and help you get your 60 minutes of recommended physical activity. And your family will be happy you helped! |
| Day 21 | We’ve learned about the importance of sweating, stepping, sleeping, and sitting. To be healthy you need to do moderate and/or vigorious activity, have less than two hours of sedentary behavior, and have enough sleep each day. So, do your best to sweat, step, sleep, and sit in the right amounts! |