



Tips for Sitting Less and Moving More!

We sometimes assume that children are naturally active and full of energy, but this is not the case, as the majority of **children and youth spend their time sitting**. If children sit less and move more, they will sleep better.

Research shows that physical activity, sedentary behavior (sitting time) and sleep are related. The [Canadian 24- Movement Guidelines for Children and Youth \(aged 5-17 years\)](#) recommends that a healthy childhood requires a balance of physical activity, sedentary behavior and sleep. Meeting the [guidelines](#) can also help children do better in school and feel good about themselves.

The Facts:

- Only 9% of Canadian kids aged 5-17 get the 60 minutes of heart pumping activity they need each day¹
- Canadian Guidelines recommend no more than 2 hours of recreational screen time per day- but only 24% of 5-17 year olds meet this goal¹

Spend less time sitting and more time doing:

- Limit time in front of “screens” to **no more than 2 hours**
- Remove television/computer from children’s bedroom
- Eat meals with the television turned off
- Designate certain days as “screen-free” days
- Praise your child for active living
- Spend time together being active- walking, cycling, hiking, etc. Think of fun and **active** family activities that all family members can do.

Finding a **balance between screen use and physical activity is important** for all members of your family.

Be a role model!

Your children learn from you. Reduce your screen time. Be active. Plan family activities. Have fun together.

References

¹ParticipACTION.(2016) Are Canadian kids too tired to move? The 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. Retrieved from <https://www.participaction.com/en-ca/thought-leadership/report-card/2016>

For more information and ideas on how you can reduce screen time and increase physical activity, visit www.healthunit.com.

For more information on the Canadian 24 - Hour Movement Guidelines For Children and Youth, visit www.csep.ca