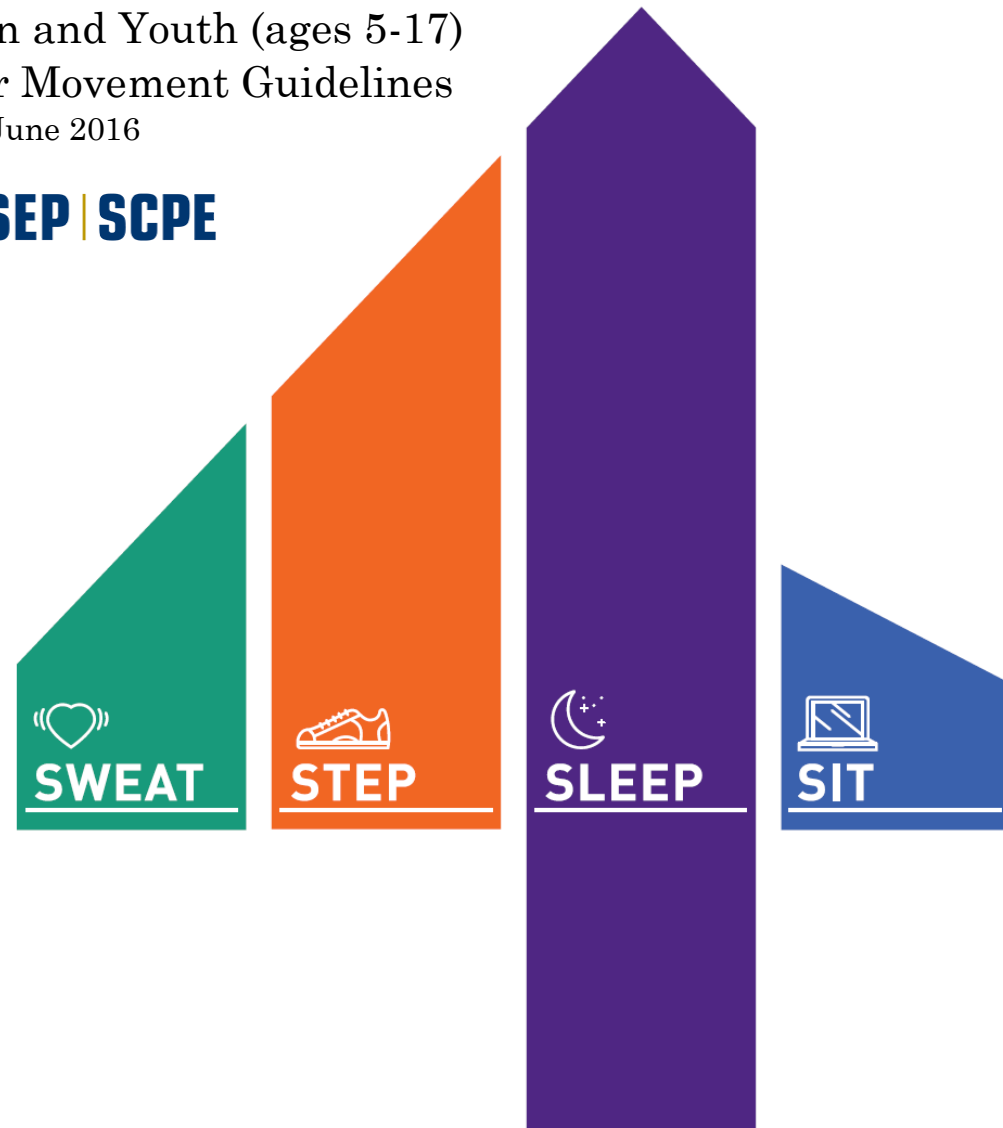


# Children and Youth (ages 5-17) 24-Hour Movement Guidelines Released June 2016



## 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. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

## STEP

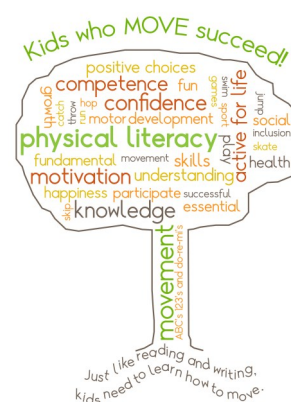
**LIGHT PHYSICAL ACTIVITY**  
Several hours of a variety of structured and unstructured light physical activities;

## 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.



# WESTMAN PHYSICAL LITERACY

## Helping kids learn to MOVE!



Volume 3, Issue 1  
January 2018

### Guidelines Released!

#### Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years)

For healthy growth and development, infants, toddlers, and preschoolers should achieve the recommended balance of physical activity, high-quality sedentary behaviour, and sufficient sleep.

#### A healthy 24 hours includes:



Replacing time restrained or sedentary screen time with additional energetic play, and trading indoor for outdoor time, while preserving sufficient sleep, can provide greater health benefits.

For full guidelines for infants, toddlers and preschoolers, visit the [Canadian Society for Exercise Physiology \(CSEP\) website!](http://www.csep.ca)



#### 4 The development of physical literacy is essential to living an active, healthy life.

- Physical literacy provides the foundation to be physically active for life.
- Physical literacy is the gateway to physical activity, which provides many benefits like improved physical and emotional wellbeing, cognitive ability, and good health.
- Physical literacy isn't just for sport - it is part of a spectrum of essential life skills that people need to live complete, healthy lives.

#### 5 The development of physical literacy is a lifelong journey as opposed to a state or destination.

- Physical literacy, including balance, agility and coordination, are essential for a person's continued well-being. The development of these abilities reduces the risk of injury from accidents and falls.
- Just like any skill, you need to use physical literacy skills regularly to keep them up.
- Maintaining good physical literacy can help people to remain independent and adapt to challenges associated with aging.

Here's #4 and #5, check out the [website](http://www.move2healthychoices.ca) for the others!



# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <a href="#">Sticks and stones snowmen</a>	2 <a href="#">Indoor snowball fight</a>	3 <a href="#">Snow jewels</a>	4 <a href="#">Bean bag toss</a>	5 <a href="#">Play snow hopscotch</a>	6 <a href="#">Paint the snow</a>
7 <a href="#">Snowman slam</a>	8 <a href="#">Dance party!</a>	9 <a href="#">Long jump</a>	10 <a href="#">Follow Yeti</a>	11 <a href="#">Get up and move dice</a>	12 Play at the park	13 <a href="#">Build a snow fort</a>
14 <a href="#">Make a snow maze</a>	15 <a href="#">Slide on icy patches</a>	16 <a href="#">Snow toss</a>	17 <a href="#">Animal alphabet activity cards</a>	18 <a href="#">Dance to an action song</a>	19 <a href="#">Snow archery</a>	20 <a href="#">Winter Olympics</a>
21 <a href="#">Play a game</a>	22 <a href="#">Seal Races</a>	23 <a href="#">Make some cool critters</a>	24 <a href="#">Pick an activity from this list</a>	25 <a href="#">Little sleeping animals</a>	26 <a href="#">Sock wars</a>	27 <a href="#">String laser maze</a>
28 <a href="#">Treasure hunt</a>	29 <a href="#">White out</a>	30 <a href="#">Sledding and hill play</a>	31 Make as many snow angels as you can			

# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <a href="#">Snowball relay</a>	2 <a href="#">Winter wonderland hunt</a>	3 <a href="#">Hat trick</a>	4 <a href="#">Snow hula hoop</a>	5 <a href="#">Penguin tag</a>	6 <a href="#">Play gliders</a>
7 <a href="#">Snow baseball</a>	8 <a href="#">Penguin shuffle</a>	9 <a href="#">Ninja</a>	10 <a href="#">Follow Yeti</a>	11 <a href="#">Snow golf</a>	12 Play at the park	13 <a href="#">Ice bowling</a>
14 Go skating	15 <a href="#">Slide on icy patches</a>	16 <a href="#">Snow toss</a>	17 <a href="#">Snowball roll</a>	18 <a href="#">Curling</a>	19 <a href="#">Snow archery</a>	20 <a href="#">Winter Olympics</a>
21 <a href="#">Play a game</a>	22 <a href="#">Seal Races</a>	23 <a href="#">Make some cool critters</a>	24 <a href="#">Pick an activity from this list</a>	25 <a href="#">Cotton ball crawl</a>	26 <a href="#">Sock wars</a>	27 <a href="#">String laser maze</a>
28 <a href="#">Treasure hunt</a>	29 <a href="#">White out</a>	30 <a href="#">Sledding and hill play</a>	31 Make as many snow angels as you can			

