

Make your whole day matter.



Looking to make the most of your golden years?

While aging can slow us down, it doesn't have to. Following **the Canadian 24-Hour Movement Guidelines for Adults (65+ years)** can help you:



Stay strong and mentally fit



Maintain independence



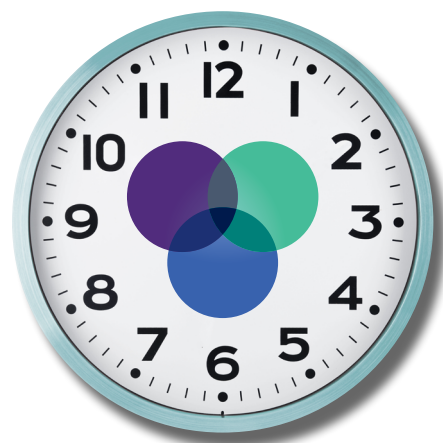
Maintain mobility and bone health



Improve balance



Reduce the risk of chronic disease



Get the most out of your whole day by **moving more** (e.g., cycling, walking, yoga and swimming), **limiting sedentary time** and **sleeping well**.

Learn more at csepguidelines.ca