

Make your whole day matter.



Following the Canadian 24-Hour Movement Guidelines for Adults (18-64 years) can help you:



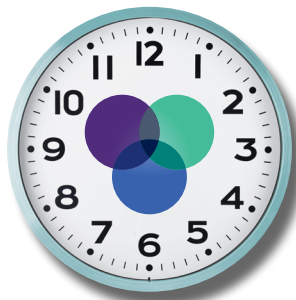
Improve
fitness



Strengthen
muscles and bones



Improve
mental health
and well-being



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