

Sedentary Behaviour

WHY IT'S IMPORTANT TO KEEP MOVING!

What it is:

Sedentary behaviour is any activity that uses low levels of energy or physical movement such as sitting, reclining, or laying down. Examples include: watching TV, viewing social media, playing low-activity video games, or commuting in a car.



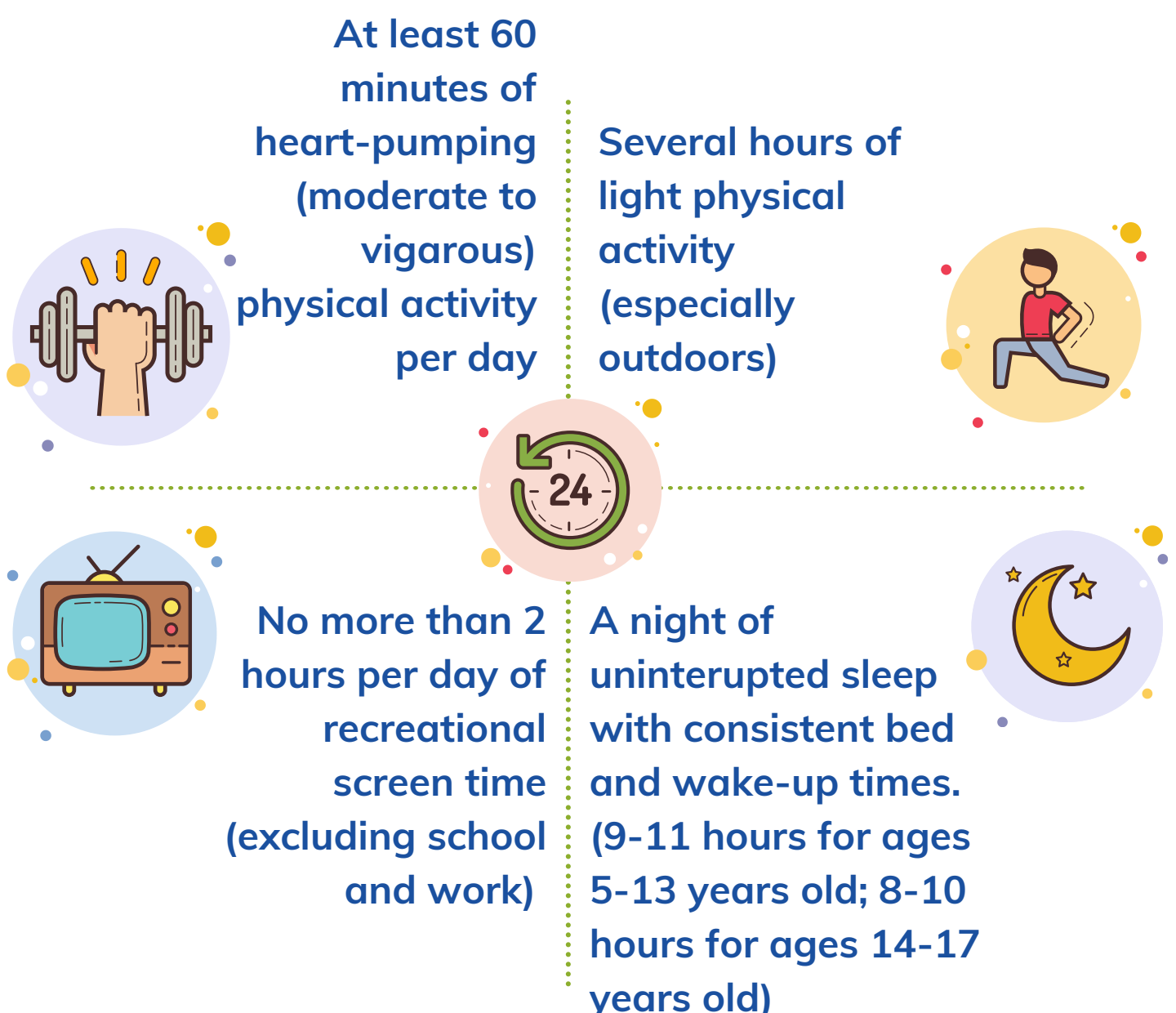
Why we care:

Evidence suggests that greater amounts of sedentary behaviour, especially recreational screen time, is related to negative health outcomes such as poor physical health (cardiometabolic, cardiorespiratory, and musculoskeletal) poor mental health, disrupted sleep, and increased rates of obesity.

Reducing sedentary behaviour is associated with improved academic performance, optimal physical health (cardiometabolic, cardiorespiratory, and musculoskeletal), emotional regulation, better body composition, and improved quality of sleep.

For optimal health, children and youth need high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

According to the Canadian 24-hour Movement Guidelines, an optimally-healthy day looks like:



Created by DASH, 2021



References:

Canadian Society for Exercise Physiology. (n.d.). Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep. Retrieved from <https://csepguidelines.ca/children-and-youth-5-17/>
World Health Organization. (2020). WHO Guidelines on Physical Activity and Sedentary Behaviour. Retrieved from <https://www.who.int/publications/i/item/9789240015128>

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DASH's Tips for Reducing Sedentary Behaviour

- Download a podcast or audiobook and listen to it while on a walk
- Schedule daily walks of 15-30 minutes
- Take movement breaks when studying, working, or learning
- Walk, bike, or choose another mode of active transportation for your commute to work and/or school
- Try a new activity like hiking, biking, or tennis
 - Coordinate these activities with a friend for added accountability and fun!



- If you have a smart watch or phone that can track steps and physical activity levels, make a daily step goal and try your best to reach/beat it!
- Incorporate bursts of physical activity like running on the spot, jumping jacks, or dancing to music throughout the day
- For educators – take your class outside!



- Visit [DASH's Outdoor Learning Resource Toolkit](#) for tips