

FACT SHEET

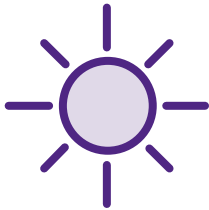
Here are some facts about the Canadian 24-Hour Movement Guidelines that can help teens live a healthier life.

1



Teens who are tired from being physically active during the day sleep better, and those who have slept well have more energy to run around.

2



Walking, biking, wheeling or getting active outdoors increases exposure to sunlight, which helps to regulate sleep patterns.

3



Teens need a combination of high levels of physical activity, low levels of sedentary behaviour, and sufficient uninterrupted sleep each day to be healthy.

4



Too little sleep can cause hyperactivity, impulsiveness and a short attention span. Teens should aim for 8–10 hours of uninterrupted sleep every night.

5



Meeting the guidelines can help teens:

- Improve their physical and mental health
- Do better in school
- Improve self-esteem and confidence
- Maintain a healthy body weight
- Improve their fitness
- Build stronger bones and muscles
- Feel happier
- Learn new skills