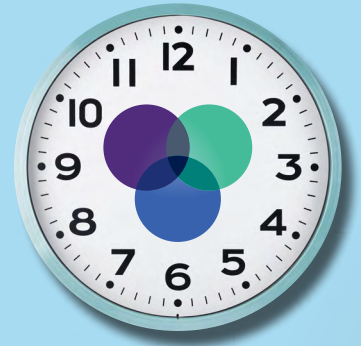


# Make your whole day matter.



## **MOVE MORE**

Add more movement throughout your day, including a variety of physical activity and muscle strengthening activities.



Aim for various types and intensities – everything from household chores to walking a dog counts



Add physical activity to routine tasks – dance while brushing your teeth, pace while talking on the phone, preparing lunches, or making dinner



Look for opportunities to walk or cycle whenever possible – park further away and take the stairs or ramp



## **REDUCE SEDENTARY TIME**

Limit recreational screen use and break up sedentary time often.



Take frequent standing or stretching breaks throughout the day, including when watching TV or during work meetings



Designate screen-free zones in the house like bedrooms and at the dinner table



Choose active transportation (e.g., walking, cycling), rather than driving, whenever possible



## **SLEEP WELL**

Set yourself up for good-quality sleep on a regular basis, with consistent bed and wake-up times.



Create a conducive sleep environment – your bedroom should be dark, quiet, comfortable, and cool



Develop a relaxing, screen-free routine before bedtime – take a bath, listen to music, read, and stretch



Avoid alcohol, caffeine, and spicy foods before bed

Visit [ParticipACTION.com](https://www.participaction.com) for more tips.