



Less sitting is BETTER

Sedentary behaviour is sitting or lounging for a prolonged period of time.

What's the problem with sedentary behaviour?

Sitting or lounging a lot may increase your risk for chronic diseases and premature death.

Type 2 diabetes

Some cancers

Heart disease



In Canada, individuals 18 and older spend

9.6 HOURS

of waking time being sedentary¹.

Did you know that it's possible to be physically active and sedentary?

Even if you exercise, but are still sitting most of the day, you are at risk.



MORNING



Stretch

Sit less and move more throughout your day.

The whole day matters.

Stand



AFTERNOON



Go outside



Walk

EVENING



Stroll



Take a stand against sedentary behaviour.

Reference:

1. Directly measured physical activity of adults, 2012 and 2013 [Internet]. www150.statcan.gc.ca. 2018 [cited 13 July 2018]. Available from: <https://www150.statcan.gc.ca/n1/pub/82-625-x/2015001/article/14135-eng.htm>