

# SPOTLIGHT ON: SEDENTARY BEHAVIOUR

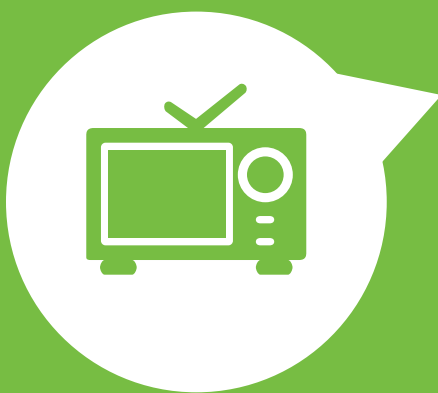


**YOU CAN STILL BE CONSIDERED  
SEDENTARY EVEN IF YOU ARE MEETING  
PHYSICAL ACTIVITY GUIDELINES**

There is a difference between being sedentary and physically inactive. Physical inactivity relates to if you are meeting activity guidelines. If you are physically active but spend the rest of your day sitting down, you will still be considered sedentary.

## 5 TIPS

TO LIMIT SEDENTARY BEHAVIOUR



### TAKE TV BREAKS

Walk around your house during commercial breaks or do some cardio exercises in front of the TV.

### HOUSEHOLD CHORES

Raking, vacuuming, and shovelling are just a few ways to incorporate more physical activity into your day.



### LIMIT SCREEN TIME

This includes phones, TV, tablets, and the computer. We tend to sit or lie down while using these devices.

### MOVE ONCE AN HOUR

Try to make a conscious decision to move for at least 5 minutes every hour. This might include a stretch or a quick walk around the room.



### WALK AND TALK

Meeting a friend or have a work meeting? Try to walk and talk instead of sitting down.