

Canada's 24-hour movement guidelines:



Aim for 150 minutes of moderate-to-vigorous aerobic activity per week.

- Biking (indoor or outdoor).
- Jogging, running or walking.
- Playing a sport.
- Swimming.

Include muscle-strengthening activities twice weekly

- Weightlifting.
- Resistance training.

Limit daily sedentary time to eight hours or less

- Restrict recreational screen time to no more than three hours per day.
- Take breaks from prolonged sitting (e.g., stretch during study sessions).

Benefits of an active lifestyle:

- Helps regulate sleep patterns.
- Improves memory and concentration.
- Increases stamina and productivity.
- Lowers disease risks.
- Reduces stress and boosts mood.

Move to thrive: Break free from a sedentary lifestyle

What is your favourite way to stay active as a student?

How you can get moving:



- Choose to walk or bike to campus, opt for stairs over elevators.
- Explore the fitness facilities available on campus.
- Schedule exercise time into your weekly routine.
- Take breaks throughout your day at work or school.

How you can be active on campus:

- Attend open gym drop-in sessions.
- Explore personal training services.
- Join an intra/extramural or varsity athletics team.
- Participate in group fitness classes at the FLEX.

Scan the QR code to visit the Campus Recreation website for more information!

