

TBAY  
On The Move

## What Is **SEDENTARY BEHAVIOUR?**

### Sedentary Behaviour is

**any activity done while sitting or lying down.** Examples include driving, desk work and screen time.



#### FACTS

Canadian adults spend approximately  
**10 hours per day sedentary**

Office workers may sit **70-80%** of their  
workday

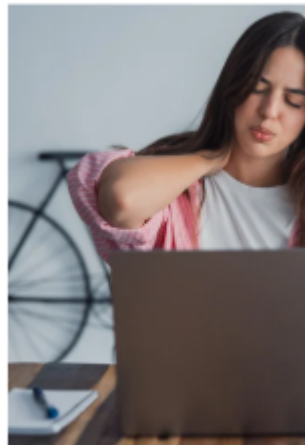
Only **about 1 in 3** adults reach 7,500 steps  
per day

### Why It Matters

Even if you're physically active, you may still be at risk. Getting 30 minutes of daily activity is great, but it doesn't offset long hours of sitting, which are linked to lower energy, increased stress, reduced concentration, and long-term health concerns.

#### For more information visit:

[csepguidelines.ca/guidelines/adults-18-64/](https://csepguidelines.ca/guidelines/adults-18-64/)



### Good News: Small Moves Count

- Any movement is better than none
- Short bouts of movement can:
  - boost energy
  - improve mood
  - support physical and mental health



#### TRY THIS

Start small and gradually increase your physical activity levels over time. Find activities that excite and motivate you!

### Rethink Your Commute

Your commute is a great opportunity to add movement to your day.

- Walk or bike for part or all of your trip
- Combine transit with short walks
- Switch one car trip per week with an active commute

### Other Ways To Break Up Sitting Time

- Try a walking or standing meeting
- Take short stretch breaks
- Set a desktop timer to remind you to move more every hour
- Stand when you're on the phone or when someone enters your work space to talk to you
- Use the furthest bathroom
- Empty your desk garbage or recycling yourself
- Fill your water bottle
- Park farther away from the building
- Eat your lunch away from your desk
- Try an active break

