

# 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 sedentary!

## 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.