

# Healthy Routines *Made Easy*



# Tips for creating Healthy Routines

## Eat a variety of healthy food every day.

- Eat according to Canada's Food Guide.\*
- Aim for meals and snacks to be 50% vegetables and fruit.
- Include protein foods, especially those that come from plants more often (e.g., beans, legumes, and tofu).
- Include whole grain foods such as brown rice, whole grain pasta, or bread.
- Rethink your drink: Make water your drink of choice.

\*Describes a healthy eating pattern for Canadians two years of age or older.

## Spend less time sitting.

- Children under 2 years: screen time is not recommended.
- Children aged 2–4 years: limit screen time to less than 1 hour per day; less is better.
- Children and youth aged 5–17 years: limit recreational screen time to less than 2 hours per day; less is better.
- Adults: limit sedentary time to 8 hours or less, including no more than 3 hours of recreational screen time.
- Break up long periods of sitting as often as possible.

## Be active every day.

- Children ages 3 to 4 years need at least 3 hours, or 180 minutes, of physical activity spread out over the course of the day.
- Children and teens (5–17 years old) should do at least 60 minutes of heart-pumping physical activity every day.
- Adults 18 years and older should get at least 150 minutes of moderate to vigorous physical activity per week, including muscle strengthening activities at least twice a week.

## Get enough sleep.

- Have consistent bedtime and wake-up times.
- Children aged 3–4 years need 10–13 hours of uninterrupted sleep, which may include a nap.
- Children aged 5–13 years need 9–11 hours of uninterrupted sleep.
- Youth aged 14–17 years need 8–10 hours of uninterrupted sleep.
- Adults aged 18–64 years need 7–9 hours of good-quality sleep on a regular basis.
- Adults aged 65 years and older need 7–8 hours of good quality sleep on a regular basis.

## Be sun-safe!

- Cover up. When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-colored, long-sleeved shirts, pants, and a wide-brimmed hat.
- Apply lots of broad-spectrum, water-resistant sunscreen and lip balm with an SPF of 30 or more at least 20 minutes before going outside and then every two hours. Consult your health care provider for recommendations for babies under 6 months old.
- Follow the UV index readings each day to plan outdoor activities and seek shade when the sun is strongest.
- Wear sunglasses with UVA and UVB protection.
- Avoid using tanning equipment. There is no such thing as a 'healthy' tan.



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729

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