

Appendix 1 (as submitted by the authors): Summary of guideline recommendations from the *WHO Guidelines on Physical Activity and Sedentary Behaviour*¹ and the *Canadian 24-Hour Movement Guidelines for Adults aged 18–64 years and Adults aged 65 years or older: An Integration of Physical Activity, Sedentary Behaviour, and Sleep*.²

Movement Behaviour	WHO Guidelines	Canadian Guidelines
moderate- to vigorous-intensity physical activity	<p>Adults should do at least 150 minutes to 300 minutes of moderate-intensity aerobic physical activity, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity throughout the week</p> <p>Muscle strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week</p> <p>Older adults (65 years and older) should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity on 3 or more days a week</p>	<p>Aerobic physical activities such that there is an accumulation of at least 150 minutes per week</p> <p>Muscle strengthening activities using major muscle groups at least twice a week</p> <p>Physical activities that challenge balance (for adults 65 years and older)</p>
light physical activity	No Recommendation	Several hours of light physical activities, including standing
sedentary behaviour	Adults should limit the amount of time spent being sedentary	Limit sedentary time to 8 hours or less, which includes no more than 3 hours of recreational screen time, and break up long periods of sitting as often as possible
sleep	No Recommendation	7 to 9 (adults 18-64 years) 7 to 8 (adults 65 years or older) hours of good-quality sleep on a regular basis, with consistent bed and wake-up times
behaviour integration	Replacing sedentary time with physical activity of any intensity (including light intensity) has health benefits	Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits

References

1. Bull FC, Al-Ansari SS, Biddle S, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *Br J Sports Med*. 2020 Nov. 26 [Epub ahead of print]. doi:10.1136/bjsports-2020-102955.
2. Ross R, Chaput J-P, Giangregorio LM, et al. Canadian 24-hour movement guidelines for adults aged 18–64 years and adults aged 65 years or older: an integration of physical activity, sedentary behaviour, and sleep. *Appl Physiol Nutr Metab* Oct;45(Suppl 2):S57-S102.