

WEBINAR:

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS: AN INTEGRATION OF PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP



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OBJECTIVES

By the end of this webinar participants will be able to:

- Describe the recommendations of the new 24 hour movement guidelines for adults
- Describe where to find the resources and toolkits to assist with clinical implementation
- Identify how they will use the new guidelines in their practice



APRIL 30, 2024



1200-1300H



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