

Youth and Movement

in New Brunswick 2021-2022

YOUTH SHOULD ACCUMULATE AT LEAST

60 MINUTES

OF MODERATE OR VIGOROUS
PHYSICAL ACTIVITY EACH DAY



YOUTH SHOULD HAVE

1 2 3 4 5 6 7 **8 - 10** HOURS

OF **UNINTERRUPTED SLEEP**
EACH NIGHT



students in NB
get enough **DAILY**
PHYSICAL ACTIVITY



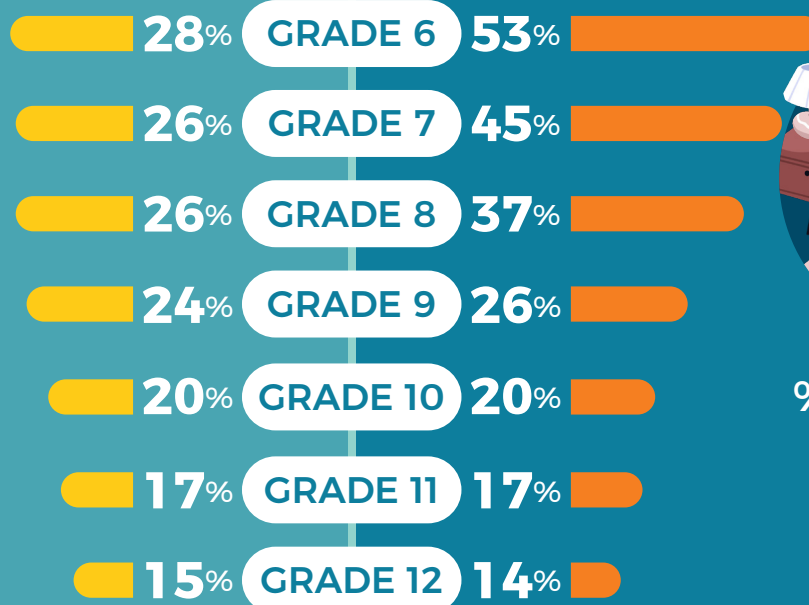
students in NB get
enough **SLEEP**
EVERY NIGHT



% of students who get
60+ minutes of daily
moderate or vigorous

**PHYSICAL
ACTIVITY**

BY GRADE



% of students
who get 8+
hours of

SLEEP

BY GRADE

YOUTH SHOULD LIMIT THEIR **RECREATIONAL SCREEN TIME** TO 2 HOURS PER DAY



86%

OF STUDENTS SPEND MORE THAN **2 HOURS**
PER DAY ON LEISURE SCREEN TIME

Results from the 2021-2022 edition of the New Brunswick Student Wellness Survey.

FOR MORE INFORMATION:
CSEPGUIDELINES.CA | PARTICIPACTION.COM



New Brunswick
Health Council

Conseil de la santé
du Nouveau-Brunswick