

**Help shape the language of
health behaviour research!**

What do we call physical activity, sedentary behaviour and sleep, together within a 24-hour cycle?

Join an international effort to build consistent, science-based terminology to support:

**Clearer research
Better health guidelines
Global collaboration**



Who we are

The **Around the Clock Terminology Consortium**
is leading a global consensus-building project with a team of
38 researchers and interest holders from 16 countries and 12 organizations.



How you can help

We are recruiting researchers, professionals and stakeholders in:

**Physical activity
Sedentary behaviour
Sleep science**

**Public health and epidemiology
Health promotion and communication**

... or anyone with expertise in 24-hour movement behaviours



Learn more and connect

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