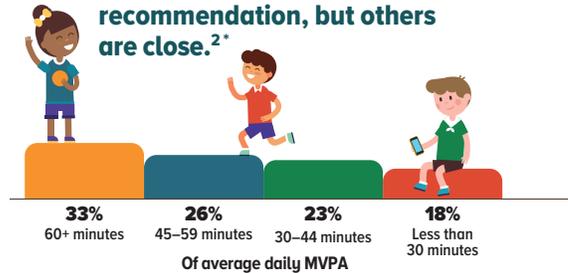


# PHYSICAL ACTIVITY of Canadian children and youth

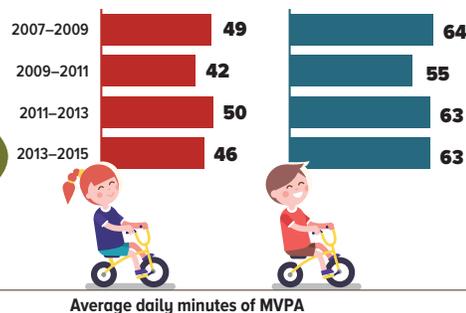


The new *Canadian 24-Hour Movement Guidelines for Children and Youth*, released in 2016, recommend that children accumulate 60 minutes of physical activity per day.<sup>1</sup> Physical activity means moderate-to-vigorous physical activity (MVPA). These activities will cause children to sweat and breathe harder or be out of breath.

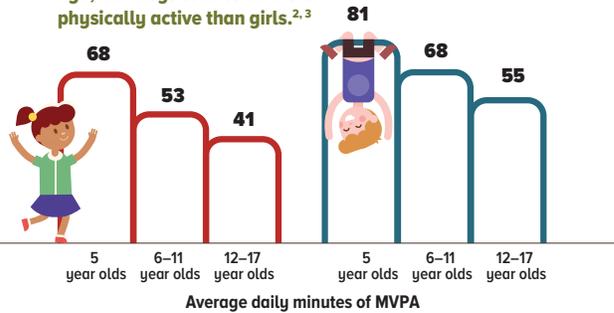
**Only one third of kids are meeting the physical activity recommendation, but others are close.<sup>2\*</sup>**



Physical activity levels stayed fairly consistent between 2007 and 2015 for both boys and girls.<sup>2</sup>



Physical activity decreases with age, and boys tend to be more physically active than girls.<sup>2,3</sup>



## FACTORS THAT INCREASE PHYSICAL ACTIVITY IN KIDS

### Parents' activity level

60 minutes of a parent's physical activity = +15 minutes to a child's average daily physical activity.<sup>4</sup>



### Active lessons, leagues, and team sports

60 minutes of participation in organized activities = +10 minutes to a child's average daily physical activity.<sup>4</sup>



### Time outdoors

60 minutes outdoors = +7 minutes to a child's average daily physical activity.<sup>5</sup>



\* This is higher than the 7% previously reported (Colley et al. 2011) because the new *Canadian 24-Hour Movement Guidelines for Children and Youth* use an average of 60 minutes of MVPA per day instead of 60 minutes on 6 out of 7 days.

<sup>1</sup> Tremblay MS, Carson V, Chaput J-P et al. *Canadian 24-Hour Movement Guidelines for Children and Youth: An integration of physical activity, sedentary behaviour, and sleep. Applied Physiology, Nutrition and Metabolism* 2016; 41:S311-327.

<sup>2</sup> Colley RC, Carson V, Garriguet D, et al. Physical activity of Canadian children and youth, 2007 to 2015. *Health Reports* 2017; 28(10):8-16.

<sup>3</sup> Garriguet D, Carson V, Colley RC, et al. Physical activity and sedentary behaviour of Canadian children aged 3 to 5. *Health Reports* 2016; 27(9):14-23.

<sup>4</sup> Garriguet D, Colley RC, Bushnik T. Parent-child association in physical activity and sedentary behaviour. *Health Reports* 2017; 28(6):3-11.

<sup>5</sup> Larouche R, Garriguet D, Gunnell K, et al. Outdoor time, physical activity, sedentary time, and health indicators at ages 7 to 14: 2012/2013 Canadian Health Measures Survey. *Health Reports* 2016; 27(9):3-13.

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