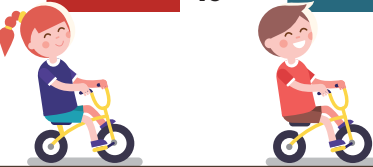
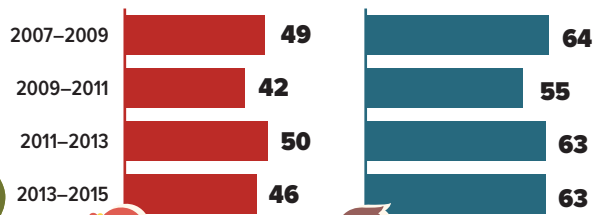


# PHYSICAL ACTIVITY of Canadian children and youth



**60**  
minutes  
per day

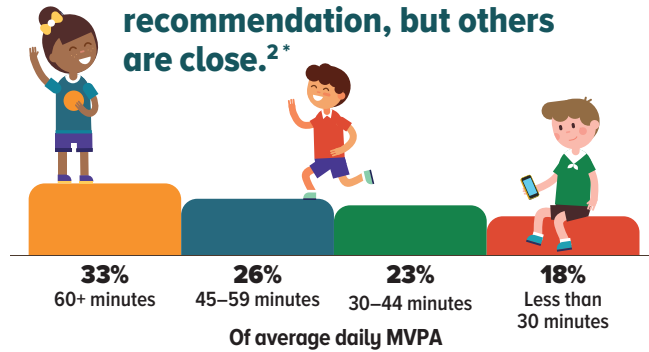
Physical activity levels stayed fairly consistent between 2007 and 2015 for both boys and girls.<sup>2</sup>



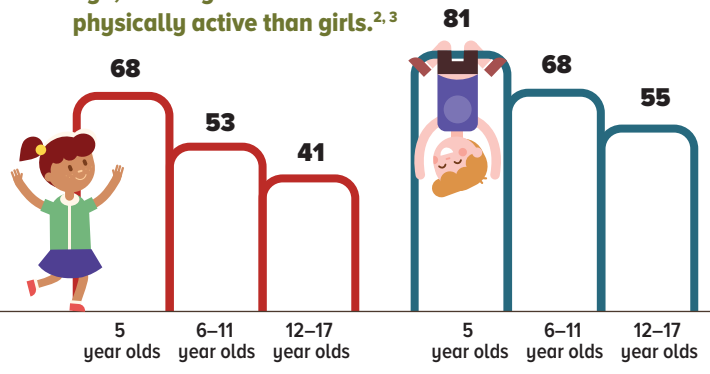
Average daily minutes of MVPA

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>



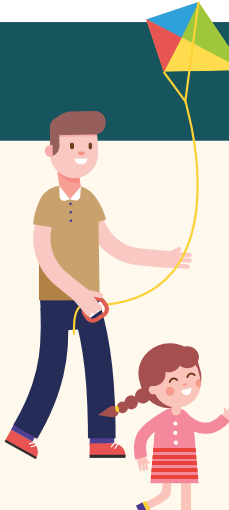
Physical activity decreases with age, and boys tend to be more physically active than girls.<sup>2,3</sup>



## 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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