

410 Rebecca Street  
Oakville, ON L6K 1K7

**MEDIA RELEASE**  
**For Immediate Release**

**June 17<sup>th</sup>, 2011**

**Active Halton event features Active Healthy Kids Canada**

On Wednesday, June 22<sup>nd</sup>, Yvette Munro Vice-Chair of Active Healthy Kids Canada shared results from the 2011 “Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth”. Canadian children and youth are not active enough. That includes Halton children! Active Halton released their progress report and Jump Rope.com got the crowd moving with a skipping demonstration.

Schools out, do you know what your kids are doing? You may want to think again if you believe they are being physically active. The 2011 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth reports that during the after-school period, from approximately 3 to 6 p.m., Canadian children and youth are sitting idle indoors – getting a mere 14 minutes, out of a possible 180, of moderate- to vigorous-intensity physical activity. It is important to reverse this trend as research shows that children and youth who are physically active during this time improve their overall daily physical activity levels and health. The Report Card was released today by Active Healthy Kids Canada and its strategic partners, ParticipACTION and the Children’s Hospital of Eastern Ontario (CHEO) Research Institute – Healthy Active Living and Obesity Research Group (HALO).

“The take home message from this event is send your kids outside to play, research has shown that this one act will increase your child’s physical activity levels. Halton is the safest community in the G.T.A., it is time to fill all the beautiful outdoor spaces in Halton with children playing” says Ryan Luyk, Co-Chair of Active Halton. “To promote active play we have provided skipping ropes to each student at Chris Hadfield Public School”. “Ten minutes of skipping is equivalent to 30 minutes of jogging, give it a try, you might enjoy it.”

Active Halton is a group of organizations and individuals who are committed to working together to increase the number of Halton residents who are active on a regular basis. This is accomplished through advocacy, coordinated promotional activities, and development of physical activity tools and resources for the Halton community. Active Halton has an ambitious plan to increase the physical activity levels of Halton residents by 20% by 2012. Active Halton works together with the community to accomplish their goal by facilitating workshops, sharing information and resources, networking, and educating the community about the benefits of physical activity.

Visit [www.activehalton.ca](http://www.activehalton.ca) for more information

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**For more information, please contact:**

Frank Prospero  
905-873-2601 ext. 2262  
[info@activehalton.ca](mailto:info@activehalton.ca)