Canadian Children's Physical Activity Habits Are Not What They Should Be

Did you know…

- Two-thirds of Canadian children are not sufficiently physically active for optimal growth and development. (Canadian Fitness and Lifestyle Research Institute, 1997)
- 58% of Canadian youth aged 12-19 were physically inactive in the three months prior to the National Population Health Survey (NPHS). However, as many as 84% may not have been active enough to meet international guidelines for optimal growth and development. (National Population Health Survey 1998/99)
- Girls are significantly less active than boys, with 64% of girls and 52% of boys being considered physically inactive. (NPHS 1998/99)
- 25% of children are considered obese, and that number is on the rise. One of the main reasons is lack of physical activity. (Children and the Media, Canadian Paediatric Society,1999)
- The average Canadian child watches 23 hours of television each week. The Canadian Paediatric Society recommends a maximum of 1 - 2 hours per day watching television and playing video games. (Children and the Media, Canadian Paediatric Society, 1999)
- The amount of time spent playing video games by Canadian children is among the highest in the world. (Health Behaviours in School-aged Children Study, 2000)