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.

**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.

- **Active lessons, leagues, and team sports**
  - 60 minutes of participation in organized activities = +10 minutes to a child’s average daily physical activity.

- **Time outdoors**
  - 60 minutes outdoors = +7 minutes to a child’s average daily physical activity.

*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.


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