



INFOSHEET:

Community Action Team Recruitment Benefit Statements

BENEFITS OF PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH:

Physical	<p><i>Regular physical activity in childhood develops cardiovascular fitness, strength and bone density.</i> SOURCE: www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/02paap-eng.php</p> <hr/> <p><i>Physical activity plays an important role in the health, well-being and quality of life of all Canadians, and it is particularly important for children and youth. Habits formed early can last a lifetime.</i> SOURCE: www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php</p>
Social	<p><i>Physical activity plays an important role in helping children and young people to be fit and healthy – in the short and the long term – in all sorts of ways, including the development of social skills and a social network.</i> SOURCE: www.healthykids.nsw.gov.au/stats-research/physical-activity.aspx</p>
Mental	<p><i>Play allows children and youth of all ages to try new things, test boundaries, learn from their mistakes and, perhaps most importantly, enjoy being active.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcards2012/AHKC%202012%20-%20Report%20Card%20Short%20Form%20-%20FINAL.pdf</p>
Academic	<p><i>Physically active and fit children tend to have better academic achievement, better school attendance and fewer disciplinary problems.</i> SOURCE: http://activelivingresearch.org/active-education-physical-education-physical-activity-and-academic-performance</p> <hr/> <p><i>Physical activity breaks can improve cognitive performance and classroom behavior.</i> SOURCE: http://activelivingresearch.org/active-education-physical-education-physical-activity-and-academic-performance</p> <hr/> <p><i>Adolescents, who reported higher levels of daily exercise, also reported having higher grades.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2009/participactionreportcard_finalen.pdf</p>
Other	<p><i>Students with 3 or more physically active friends were more likely to be moderately active than students with fewer than 3 friends who were active.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkc2011_shortform_eng_final.pdf</p>



Trails	<p><i>Time spent in green outdoor spaces has also been shown to boost focus and concentration in both adults and children.</i> SOURCE: www.tpl.org/sites/default/files/Parks%20%2B%20Health%20Brochure.pdf</p>
	<p><i>Recreation trails promote active living and provide safe, affordable, and healthy recreational opportunities for people of all ages.</i> SOURCE: www.spra.sk.ca/programs-services/parks/trail-development/</p>
Walking to School	<p><i>Using active transportation for the school journey is one of the easiest ways for students to get regular daily physical activity and to reduce their sedentary behaviours.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkc2011_shortform_eng_final.pdf</p>
Connecting your community	<p><i>Using active transportation for the school journey is one of the easiest ways for students to get regular daily physical activity and to reduce their sedentary behaviours.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkc2011_shortform_eng_final.pdf</p>
Parent Education	<p><i>We need a national, multi-faceted awareness initiative. One that educates, communicates, and connects the dots for parents, so that they not only know why unstructured physical activity is so vital, but how to build it into their kids' daily lives.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/archivedreportcards/report-card-2006-english-summary.pdf</p>
Community Campaigns	<p><i>Supporting and encouraging opportunities for safe, free, unstructured play, especially outdoors, may be one of the most promising, accessible and cost-effective solutions to increasing child and youth physical activity in Canada.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcards2012/AHKC%202012%20-%20Report%20Card%20Short%20Form%20-%20FINAL.pdf</p>
DPA in Schools	<p><i>Exercise is the single most powerful tool you have to optimize your brain function.</i> SOURCE: (p. 245). (Spark 2008) John J. Ratey with Eric Hagerman, Spark: the revolutionary new science of exercise and the brain (New York: Little, Brown, 2008).</p>
Quality Programs	<p><i>Research shows that children who are competent in fundamental movement skills are more likely to enjoy sports and activities and to develop a lifelong commitment.</i> SOURCE: www.healthykids.nsw.gov.au/stats-research/physical-activity.aspx</p>
Sport	<p><i>Kids who have fun playing a sport are more likely to stay active and healthy for their entire lifetime.</i> SOURCE: http://canadiansportforlife.ca/parents</p> <p><i>Children who participate in organized sport take 1,600 more steps per day than those who don't participate in these sports.</i> SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkc2011_shortform_eng_final.pdf</p>



Youth Leadership ***Children and youth participate more readily in daily physical activity when they are involved in making choices and are given opportunities to take leadership roles in promoting physical activity.***

SOURCE: www.education.gov.sk.ca/inspiring-movement

Programs that involve youth in the development of physical activity programs result in higher levels of youth engagement and foster connections with peers.

SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkc2011_shortform_eng_final.pdf

Decreasing Screen time ***92% of Canadian children said they would choose playing with friends over watching TV.***

SOURCE: <http://dvqdas9jty7g6.cloudfront.net/reportcards2012/AHKC%202012%20-%20Report%20Card%20Short%20Form%20-%20FINAL.pdf>

Parents are important mediators of their child's screen time through their own modelling of screen time use and with respect to screen time rules and restrictions.

SOURCE: <http://dvqdas9jty7g6.cloudfront.net/reportcard2008/AHKCSHORTFORMEN.pdf>

Family Activity ***Physical activity plays an important role in the health, well-being and quality of life of all Canadians, and it is particularly important for children and youth. Habits formed early can last a lifetime.***

SOURCE: www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php

Children who received greater support for physical activity, and who had parents that rated physical activity as highly enjoyable, were more likely to engage in 1 or more hours of physical activity per day.

SOURCE: http://dvqdas9jty7g6.cloudfront.net/reportcard2011/ahkc2011_shortform_eng_final.pdf

Parks ***Building new parks—and improving existing parks—is a great way to keep people active.***

SOURCE: www.tpl.org/sites/default/files/Parks%20%2B%20Health%20Brochure.pdf

Given the choice, 74% of Canadian kids in Grades 4 to 6 would choose to do something active after school, with 31% choosing to play with their friends at the playground.

SOURCE: <http://dvqdas9jty7g6.cloudfront.net/reportcards2012/AHKC%202012%20-%20Report%20Card%20Short%20Form%20-%20FINAL.pdf>