



A Family Physical Activity STUDY

IN PARTNERSHIP WITH:



HEART &
STROKE
FOUNDATION



University
of Victoria



HELP YOUR CHILD BECOME MORE ACTIVE!

- Physical activity is essential for healthy development
- Recent research indicates that **most** children **do not** meet Canada's physical activity guidelines
- Parental support has an important influence on children's physical activity

WHO ARE WE LOOKING FOR?

- ✓ At least one child between **6 and 12 years** old who is getting **less than** 60 minutes of moderate to vigorous physical activity for at least one day of the week.
- ✓ At least one parent who will participate with their child.



WHAT WILL YOU DO AS A PARTICIPANT

- Eligible participants will receive materials to help their family become more physically active
- Physical activity will be tracked for 6 months
- Your family will wear accelerometers at four time points, for a week at a time
- Your child will have their fitness level tested twice.

WHAT WILL YOU GET FROM PARTICIPATING

- ✓ Eligible participants will receive tools to help their family become more physically active
- ✓ Participants will receive a cash incentive after each assessment
- ✓ You will be contributing to health promotion research