



# *We are an* **Active Family** STUDY

**IN PARTNERSHIP WITH:**



University  
of Victoria



## **HELP YOUR CHILD BECOME MORE ACTIVE!**

- Physical activity is essential for healthy development
- Recent research indicates over 80% of Canadian children are not active enough to reap optimal Type 2 Diabetes prevention benefits
- 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, including 3 coaching session.
- 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