

WHAT WILL YOU RECEIVE IF YOU PARTICIPATE?

- 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 local research and helping families like your own!

CONTACT



If you are interested in participating please contact:

Behavioural Medicine Lab

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PARENTS AND CHILDREN ACTIVE TOGETHER STUDY



University of Victoria





**EARLY IMPRESSIONS CREATE LIFELONG BEHAVIOURS.
LET'S MAKE A BETTER
LIFE AND IT STARTS IN THE FAMILY.**

WHO ARE WE LOOKING FOR?

- 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
- Parent-child play and co-activity has many benefits including bonding, development, and learning

Families that include:

- At least one child between 3 and 5 years old who is getting less than 60 minutes of moderate to vigorous activity per day
- At least one parent who will participate with their child

WHAT WILL YOU DO IF YOU PARTICIPATE?

- 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
- You will complete a questionnaire at each assessment

