

CONTACT

WHAT WILL YOU RECEIVE IF YOU PARTICIPATE?

- Eligible families will receive materials to help their child become more physically active
- Participants will receive a cash incentive after each assessment
- You will be contributing to health promotion research



If you are interested in participating please contact:

Behavioural Medicine Lab

bml@uvic.ca



University
of Victoria



A FAMILY PHYSICAL ACTIVITY STUDY

HELP YOUR CHILD BECOME MORE ACTIVE





Physical activity is easier said than done, but the outcome is worth it. Let's make a better life and it starts in the family.

WHO ARE WE LOOKING FOR?

WHAT WILL YOU DO IF YOU PARTICIPATE?

PHYSICAL ACTIVITY IN CHILDREN

- Recent research indicates that most children do not meet Canada's physical activity recommendations.
- Regular physical activity is essential for healthy development.

Families that include:

- At least one child between the ages of 6 and 12 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 families will receive materials to help their children become more physically active.
- Your child's activity and progress will be followed for 6 months, and your child will wear an accelerometer at four time points.
- Your child will have their fitness level tested twice.

