



## MEDIA RELEASE

*For immediate release*

### 2011 Active Healthy Kids Canada Report Card Highlights Need to Get Alberta Children and Youth Moving

EDMONTON, Alberta, April 26, 2011 – With today’s [release](#) of the [2011 Report Card on Physical Activity for Children and Youth](#) by [Active Healthy Kids Canada](#) (AHKC), Albertans are reminded that the **after-school time period** is an excellent time to provide physical activity opportunities to children and youth.

According to the 2011 Report Card, during the after-school period, from approximately 3 to 6 p.m., Canadian children and youth are sitting idle indoors – getting a mere 14 minutes, out of a possible 180, of moderate- to vigorous-intensity physical activity.

“This annual Report Card is a valuable tool for raising awareness of the shockingly low level of physical activity of Canada’s future adults,” said Judith Down, Director of the Alberta Centre for Active Living. “When you look at the [2011 Report Card](#) and other data about children and youth, such as the recent [Canadian Health Measures Survey](#) (CHMS), it’s a call to action for everyone concerned.”

After school programs involve many Alberta kids, and should be including lots of physical activity and physical literacy development. But are they?

This year, the [Alberta Centre for Active Living](#) will be doing an environmental scan of after-school programs in Alberta through funding from the Alberta Sport, Recreation, Parks and Wildlife Foundation. This project will investigate such matters as the provision of after-school programs in rural and urban areas, and whether these programs are providing physical activity opportunities. This project responds to recommendations about after-school time in the 2011 Report Card.

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*Interviewees available on April 26<sup>th</sup> and after:*

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