Canadian Sedentary Behaviour Guidelines suggest children should minimize the time they spend being sedentary each day.

**Limit recreational screen time** to no more than 2 hours per day (CSEP, 2011). On average children and youth get 7 hours and 48 minutes of screen time per day (Leatherdale & Ahmed, 2011).

**Active play**
Children who join in active play after school are more physically active, at a higher intensity (Brockman, Jago, & Fox, 2010).

**Limit motorized transportation**
Walking and biking to and from school is on the decline among children and youth (McDonald, Brown, Marchetti, & Pedroso, 2011).

**Limit sitting time**
73% of children and youth watch television, read, or play video games after school (CFRLI, 2011).

**Limit indoor time**
Kids spend more time being sedentary at home if there are more sedentary options (e.g., TV, computers, other electronic devices) (Saleens et al., 2002).

**SOLUTION? GET ACTIVE!**

**Active play**
Children who join in active play after school are more physically active, at a higher intensity (Brockman, Jago, & Fox, 2010).

**Walk or wheel**
Children who walk or bike to school have a lower body mass index (BMI) and less body fat than those transported in a vehicle (Rosenberg et al., 2006).

**Stand up**
Children are more active in environments that allow movement (Lanningham-Foster et al., 2008).

**Explore the outdoors**
Children who play outdoors are more physically active (Bower et al., 2008).

Please visit www.centref4activeliving.ca to see the full report!