

# PHYSICAL ACTIVITY in ALBERTA AFTER-SCHOOL PROGRAMS

CANADIAN PHYSICAL ACTIVITY GUIDELINES SUGGEST 60 MINUTES OF MODERATE-TO-VIGOUROUS PHYSICAL ACTIVITY DAILY.

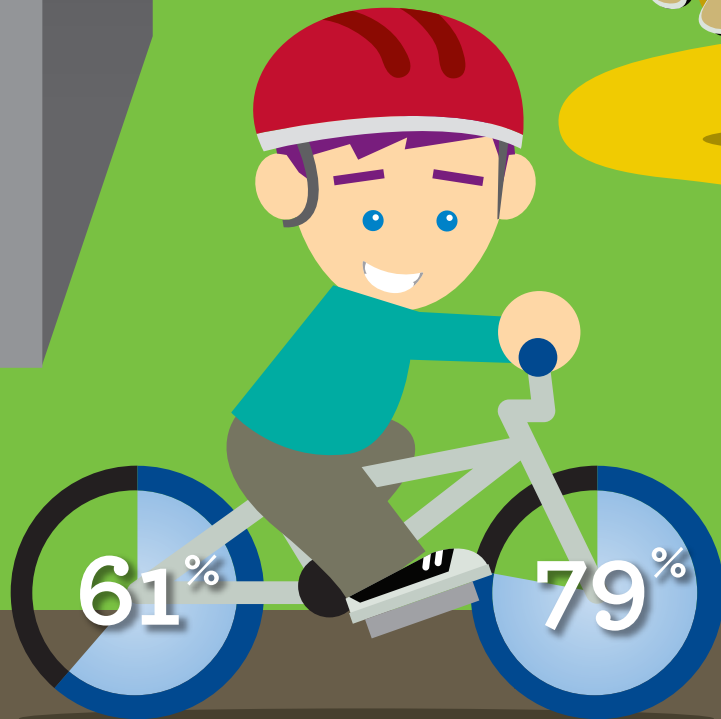
30 minutes  
(Daily Physical Activity in school)

+

30 minutes  
(Daily Physical Activity in after-school programs)

=

60 minutes  
(of physical activity 5 days of the week)



Percentage of after-school programs that schedule **30 MINUTES** of moderate-to-vigorous physical activity

61%

79%

Percentage of after-school programs that suggest it is **POSSIBLE TO OFFER 30 MINUTES** of moderate-to-vigorous physical activity

HOW CAN WE INCREASE THE QUALITY AND TIME SPENT IN PHYSICAL ACTIVITY IN AFTER-SCHOOL PROGRAMS?



**DEVELOP PHYSICAL ACTIVITY POLICIES**

(only **40%** of after-school programs have physical activity policies)

**PROVIDE STAFF PHYSICAL ACTIVITY LEADERSHIP TRAINING**

(only **16%** of after-school programs offer staff training)



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