

# PHYSICAL ACTIVITY in ALBERTA AFTER-SCHOOL PROGRAMS

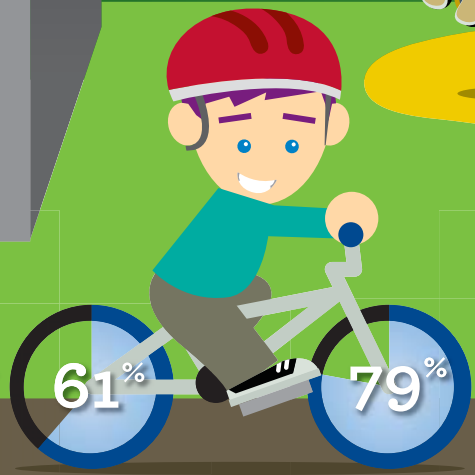
CANADIAN PHYSICAL ACTIVITY GUIDELINES SUGGEST 60 MINUTES OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY DAILY.

**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?

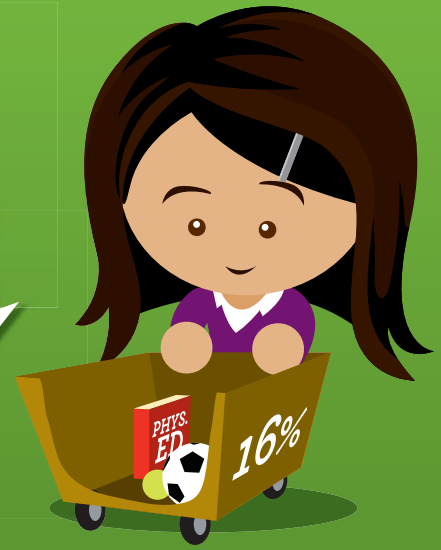


**DEVELOP PHYSICAL ACTIVITY POLICIES**

(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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ALBERTA CENTRE FOR  
**Active Living**  
Research and education  
for the promotion of physical activity