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%

Percentage of after-school programs that suggest it is POSSIBLE TO OFFER 30 MINUTES of moderate-to-vigorous physical activity: 79%

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)