ParticipAction TEEN CHALLENGE

Awareness - Facts

- **Only 6% of boys and 2% of girls** (15-19 years old) achieve 60 min of moderate to vigorous physical activity (MVPA) per day on at least 6 days per week[i].

- 73% of 13-17 year olds are **watching tv, playing video games and on the computer** after school[ii].

- Physical activity participation drops with increase age, more drastically among girls than boys. A longitudinal study showed that **less than 50% of girls continued to participate in team sports** in grade 9 as compared to grade 7[iii].

- Only **23% of teens 13-17 years old actively commute to school** and 63% use an inactive mode of transportation. Inactive modes of transportation have increased steadily since 2000[iv].

- Between 1986 and 2006, **walking for trips to school declined** (from 38.6% to 30.7% for 14-15 year olds)[v].

- **Get active and you can get better grades** - increased time in physical activity is associated with better academic achievement[vi].

- **Adolescents and young adults that regularly practice sport** present higher levels of physical self-concept (activity, endurance, strength, flexibility, coordination, sport, health body fat, appearance) than their peers who are not involved in sports activities[vii].

- **Highly-involved athletes** are less likely to engage behaviours such as smoking and recreational drug use as compared to non-athletes[viii].

- Psychological factors such as **self-efficacy, body image and physical self-esteem** are significant predictors of physical activity among adolescents[ix].

- Teenage boys engage in **more unstructured physical activity** than girls[x].

- Canadian adolescents tend to be **less active in the winter months**[xi].

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