

- **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 weekⁱ.
- 73% of 13-17 year olds are **watching tv, playing video games and on the computer** after schoolⁱⁱ.
- 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 7ⁱⁱⁱ.
- 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}.

- ⁱColley, R.C., Garriguet, D., Janssen, I., Craig, C.L., Clarke, J., & Tremblay, M.S. (2011). Physical activity of Canadian Children and Youth: Accelerometer data from the 2007 to 2009 Canadian Health Measures Survey. *Statistics Canada, Health Reports*, 22 (1), Catalogue no. 82-003-XPE
- ⁱⁱCFLRI. Getting Kids Active: Sedentary pursuits during the after school period. 2010 Physical Activity Monitor: Facts and Figures. <http://www.cflri.ca/media/node/924/tables/PAM2010%20Table%20Bulletin%205.pdf>
- ⁱⁱⁱBelanger, M., Gray-Donald K., O'Loughlin, J., Paradis, G., Hanley, J. (2009). When adolescents drop the ball: sustainability of physical activity in youth. *American Journal of Preventive Medicine*, 37, 41-49.
- ^{iv}CFLRI. Getting Kids Active: Active commuting to school. 2010 Physical Activity Monitor: Facts and Figures. <http://www.cflri.ca/media/node/961/tables/PAM-2010Bulletin12detailedtables.pdf>
- ^vBuliung RN, Mitra R, Faulkner G: **Active school transportation in the Greater Toronto Area, Canada: an exploration of trends in space and time (1986-2006)**. *Prev Med* 2009, **48**:507-512
- ^{vi}Hancox, R.J., B.J. Milne, and R. Poulton, Association of Television Viewing During Childhood With Poor Educational Achievement. *Arch Pediatr Adolesc Med*, 2005. 159(7): p. 614- 618.
- ^{vii}Scarpa, S. (2011). Physical self-concept and self-esteem in adolescents and young adults with and without physical disability: The role of sports participation. *European Journal of Adapted Physical Activity*, 4(1), 38-53.
- ^{viii}Diehl, K., Thiel, A., Zipfel, S., Mayer, J., Litakar, D.G., & Schneider, S. (2012). How healthy is the behavior of your athletes? A systematic literature review and meta-analyses. *Journal of Sports Science & Medicine*, 11(2), 201-220.
- ^{ix}Kototo, H., Guskowska, M., Mazur, J., & Dzielska, A. (2012). Self-efficacy, self-esteem and body image as psychological determinants of 15-year-old adolescents' physical activity levels. *Human Movement*, 13(3), 264-270.
- ^xFindlay, L., R. Garner, and D. Kohen, Patterns of Children's Participation in Unorganized Physical Activity. *Research Quarterly for Exercise and Sport*. 81(2): p. 133.
- ^{xi}Carson, V. and J.C. Spence, Seasonal variation in physical activity among children and adolescents: a review. *Pediatr Exerc Sci*. 22(1): p. 81-92.