

- Have you ever wondered why you don't get homework in physical education class? Wouldn't **PE homework** be great<sup>i</sup>?
- **Do you have a favourite charity?** Many road races, cycling races, dragon boat races and golf tournaments are for charity...combining physical activity with charitable activities is a great way to be active and give back!!!
- Canadians aren't afraid of the cold! **Winter sports are a great way to be active in the cold months.** Skating, skiing, snowboarding, sledding and tobogganing are all great ways to increase your physical activity in the winter.
- **Did you know that dance is physical activity?** Hip Hop, breakdancing or ballet are all excellent ways to be active!
- Have you ever thought that your part-time job could help you be active? Lifeguarding, snow removal, gardening, dog walking, being a swimming instructor, camp counselor, golf caddy, having a paper route or stocking shelves are all good examples of how you can get paid and be active at the same time!
- **For high school girls,** both physical activity and sports team participation have been associated with a higher grade point average (GPA)<sup>ii</sup>.
- Everyone knows that physical activity is good for health<sup>iii</sup> and physical fitness<sup>iv</sup>; but did you know that **physical activity is good for mental health** and may even help you get good Grades<sup>ii</sup>?
- It's sometimes difficult to get that 90 minutes of physical activity every day....**what about trying to reduce sedentary time?** Spend less time watching TV or less time playing computer games and you might find you have more time than you think to be active<sup>vi</sup>.
- **Try wearing a pedometer around for a week.** If you're getting enough physical activity you should be taking 16,500 steps/day<sup>vii</sup>. [8] Challenge your friends and classmates to a pedometer challenge – can you consistently hit your step targets?

<sup>i</sup>Kriemler, S., et al., Effect of school based physical activity programme (KISS) on fitness and adiposity in primary schoolchildren: cluster randomised controlled trial. *Bmj*. 340: p. c785.

<sup>ii</sup>Fox, C.K., et al., Physical Activity and Sports Team Participation: Associations With Academic Outcomes in Middle School and High School Students. *Journal of School Health*. 80(1): p. 31-37.

<sup>iii</sup>Freedman, D.S., et al., Relation of body mass index and skinfold thicknesses to cardiovascular disease risk factors in children: the Bogalusa Heart Study. *Am J Clin Nutr*, 2009. 90(1): p. 210-216.

<sup>iv</sup>Ekelund, U., et al., Independent associations of physical activity and cardiorespiratory fitness with metabolic risk factors in children: the European youth heart study. *Diabetologia*, 2007. 50(9): p. 1832-40.

<sup>v</sup>Blair, S.N., et al., Exercise and fitness in childhood: Implications for a lifetime of health, in *Perspectives in Exercise Science and Sports Medicine*. Volume 2: Youth, Exercise and Sport, C.V. Gisolfi and D.R. Lamb, Editors. 1989, Benchmark Press, Inc.: Indianapolis, Indiana.

<sup>vi</sup>Ekeland, E., et al., Exercise to improve self-esteem in children and young people. *Cochrane Database Syst Rev*, 2004(1): p. CD003683.

<sup>vii</sup>Otten, J.J., et al., Effects of television viewing reduction on energy intake and expenditure in overweight and obese adults: a randomized controlled trial. *Arch Intern Med*, 2009. 169(22): p. 2109-15.

<sup>viii</sup>Active Healthy Kids Canada, *Healthy Habits Start Earlier than you Think: Canada's Report Card on Physical Activity for Children and Youth 2010*, ed. A.H.K. Canada. 2010, Toronto, ON.