

# The Family Influence: The Key to Unlock Kid's Physical Activity



The **2020 ParticipACTION Report Card on Physical Activity for Children and Youth**<sup>1</sup> highlights how families play an important role in promoting kids' healthy movement behaviours.

**D+**

The Report Card<sup>1</sup> gives a grade of **D+** for overall physical activity.



39% of Canadian kids (5–17 years) are getting the 60 minutes of heart-pumping physical activity they need each day to be healthy.

↓ **62%**

Recent research shows that during the COVID-19 outbreak, parents reported that 62% of children were less physically active outdoors.<sup>2</sup>



The 2020 Report Card and resources are available online at [participACTION.com/childrenandyouth](https://participACTION.com/childrenandyouth).



**Make physical activity a family priority!**

Being active as a family encourages physical activity, connectedness and attachment, which are all important for good mental health.



**Tips for moving more as a family**

- ✓ Be a good role model in your kids' lives by being physically active and co-participating
- ✓ Carve out time at the beginning of each week to make physical activity a family priority
- ✓ Choose activities that are fun and enjoyable for the whole family like swimming, badminton, hiking, cycling or walking the dog. Take turns choosing activities
- ✓ Encourage more outdoor time and active transportation



**The more parents move, the more children and youth move!**

Each additional 20 minutes of parental moderate-to-vigorous physical activity adds an extra 5 minutes to their child's average daily physical activity!<sup>3</sup>



**Reclaim family time as active time by participating in the Active Family Pledge!**

VISIT [participACTION.com/familybetter](https://participACTION.com/familybetter) for all the details!



**PARTICIPACTION**  
Everything gets better  
when you get active.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.

#### REFERENCES

1. The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. (2020). ParticipACTION Report Card on Physical Activity for Children and Youth. <https://www.participaction.com/en-ca/resources/children-and-youth-report-card>
2. Moore et al. (2020). Impact of the COVID-19 virus outbreak on movement and play behaviours of Canadian children and youth: A national survey. Manuscript submitted for publication.
3. Garriguet et al. (2017). Parent-child associations in physical activity and sedentary behaviour. Health Reports, 28(6): 3–11. <https://www150.statcan.gc.ca/n1/pub/82-003-x/2017006/article/14827-eng.htm>