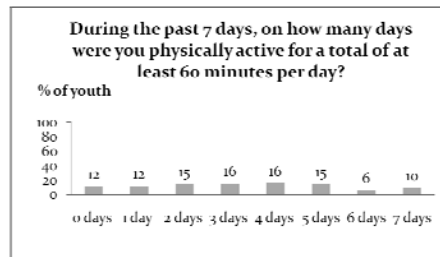


Physical Activity

Only 10% of youth getting at least 60 minutes of physical activity each day

Canada's Physical Activity Guide recommends getting at least 60 minutes of physical activity a day. According to the survey, youth are showing moderate levels of physical activity. Overall, 88% of youth were physically active for at least one hour, on at least one day of the week before the survey. Almost 10% of youth were active for one hour of every day the week before the survey, but most were physically active for at least 60 minutes on 2-4 days of the week.



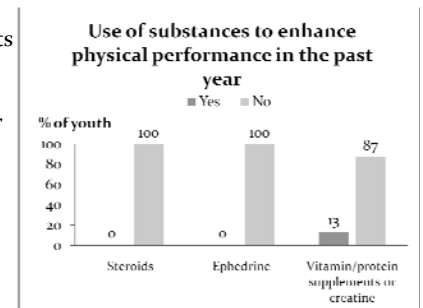
42% of youth are on 3 or more sports teams

A large number of youth in the survey participated on sports teams over the last year. 41.5% were involved with three or more sports teams. A large number of older youth tended to participate on fewer sports teams than younger youth. Only 8.3% of youth 12 or younger did not participate on sports teams, compared to 25.9% of youth 17 years and older.



Protein supplements and Creatine most common supplements used to enhance physical performance

For youth in the survey, vitamin/protein supplements or Creatine are by far the most commonly used supplements to enhance physical performance. Less than one percent of youth used either steroid pills or shots or ephedrine to enhance their physical performance. Overall there was no difference between youth of different ages and their likelihood to use physical enhancers.



Male youth more physically active than female youth

- ✓ Males were significantly more often engaging in vigorous physical activity than females. Six percent of females compared to 2.5% of males participated in no vigorous physical activity over the last 7 days in the week before the survey. In contrast, 19% of males and 11% of females participated in vigorous physical activity on all seven days of the last week.
- ✓ Overall, females participated in more moderate physical activity than males.
- ✓ Male youth spent more minutes actually engaged in physical activity during physical education classes than females.
- ✓ More males participated on 2 or more sports teams compared to females (69.4% vs. 62.5%).
- ✓ Double the percentage of males (18.5%) reported using supplements to enhance their physical activity over the past year than females (9.0%).



"...the majority of guys it's just a natural thing for them to enjoy moving around and competition. And then girls they often don't want to do the competition part, it's just for fun. So here, what do we have for girls to do that isn't competition. We used to have dance here and you could choose if you wanted to go to dance competitions or whatever which was good but now we don't even have that for older girls here, you have to go to a different town. And like we don't have anything else it's all competitive sports."

- Youth Focus Group Participant