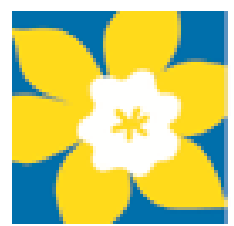




Parents and Children Active Together STUDY

IN PARTNERSHIP WITH:



Canadian Cancer Society
Société canadienne du cancer



University
of Victoria



EARLY IMPRESSIONS CREATE LIFELONG BEHAVIOURS

- Physical activity is essential for healthy development
- Recent research indicates that **most** children **do not** meet Canada's physical activity guidelines
- Parental support has an important influence on children's physical activity

WHO ARE WE LOOKING FOR?

- ✓ At least one child between **3 and 5 years** old who is getting **less than** 60 minutes of moderate to vigorous physical activity for at least one day of the week.
- ✓ At least one parent who will participate with their child.

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BEHAVIOURAL
MEDICINE
LAB UVIC



WHAT WILL YOU DO AS A PARTICIPANT

- Eligible participants will receive materials to help their family become more physically active
- Physical activity will be tracked for 6 months
- Your family will wear accelerometers at four time points, for a week at a time
- You will complete a questionnaire at each assessment

WHAT WILL YOU GET FROM PARTICIPATING

- ✓ Eligible participants will receive tools to help their family become more physically active
- ✓ Participants will receive a cash incentive after each assessment
- ✓ You will be contributing to local research and helping families like your own!