

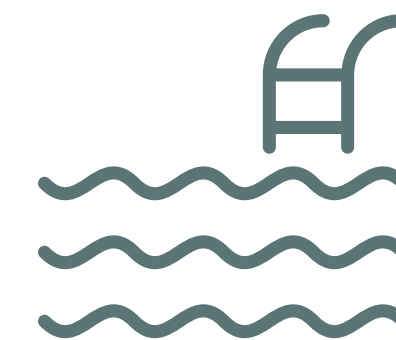
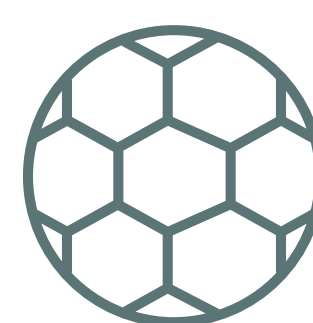
# YOUTH PHYSICAL ACTIVITY

## HOW MUCH EXERCISE DO YOUTH NEED?

Canadian Physical Activity Guidelines recommend an average of 60 minutes of moderate-to-vigorous physical activity each day for children and youth.

# 1 HOUR

per day



# 64%

**OF CHILDREN AND YOUTH IN GREY BRUCE ARE GETTING ENOUGH EXERCISE**



## YOUNG FEMALES IN GREY BRUCE MORE ACTIVE THAN IN ONTARIO

Overall, children and youth aged 12 to 17 in Grey Bruce and Ontario are similarly likely to meet Canadian Physical Activity Guidelines.

Young females in Grey Bruce are more likely than in Ontario to meet these guidelines.

