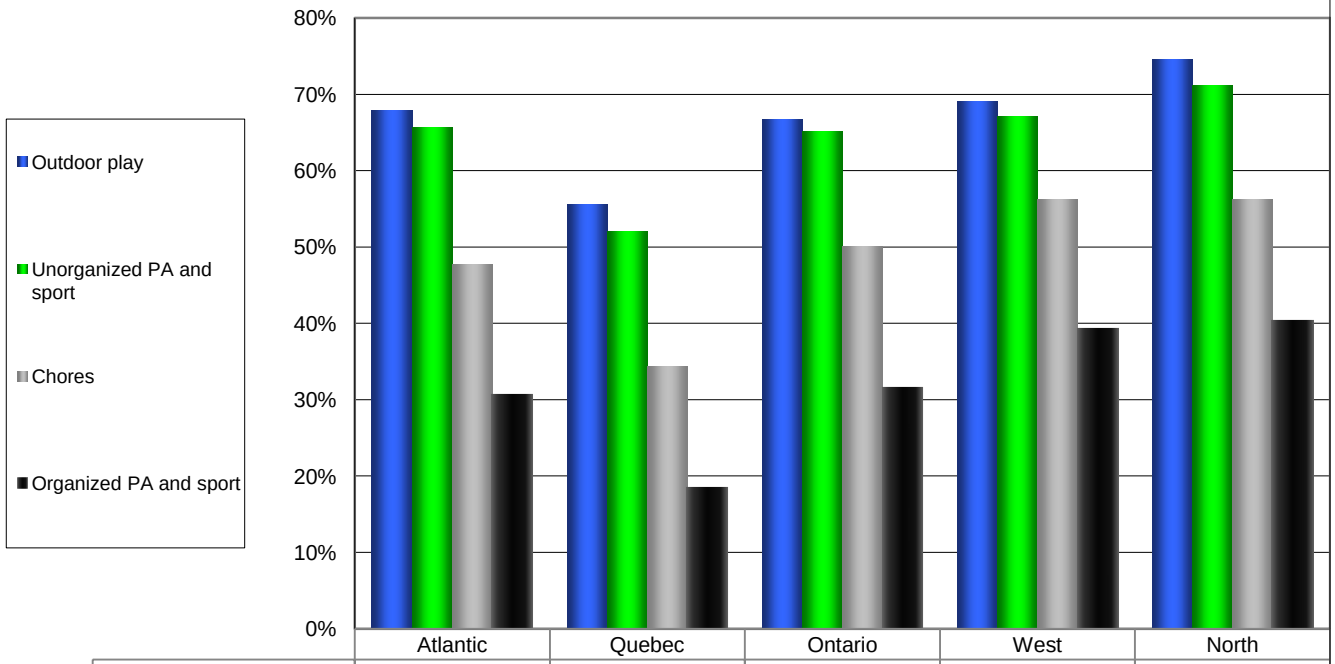
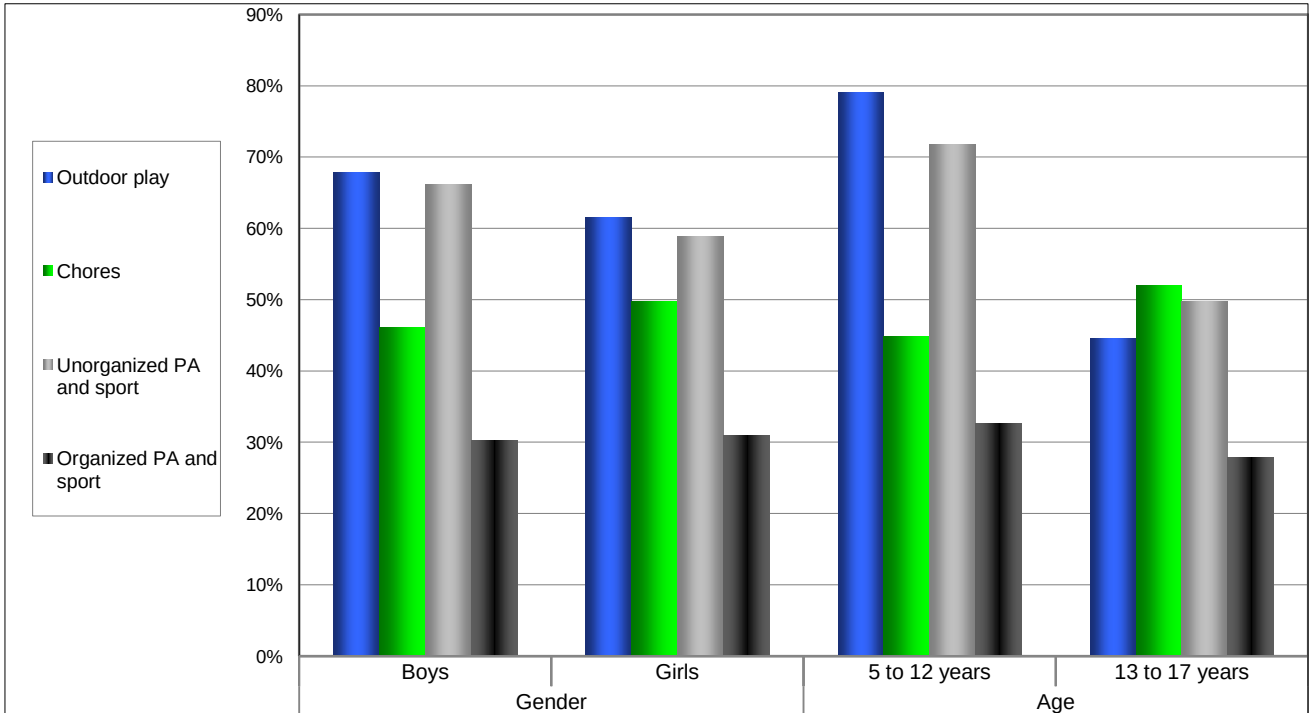
Active and Sedentary Pursuits
Bulletin 3

Figure 1: Participation in active pursuits after school by region, 2011



	Atlantic	Quebec	Ontario	West	North
Outdoor play	68%	56%	67%	69%	75%
Unorganized PA and sport	66%	52%	65%	67%	71%
Chores	48%	34%	50%	56%	56%
Organized PA and sport	31%	18%	32%	39%	40%

Figure 2: Participation in active pursuits after school by child's age and sex, 2011



	Boys	Girls	5 to 12 years	13 to 17 years
Outdoor play	68%	62%	79%	45%
Chores	46%	50%	45%	52%
Unorganized PA and sport	66%	59%	72%	50%
Organized PA and sport	30%	31%	33%	28%

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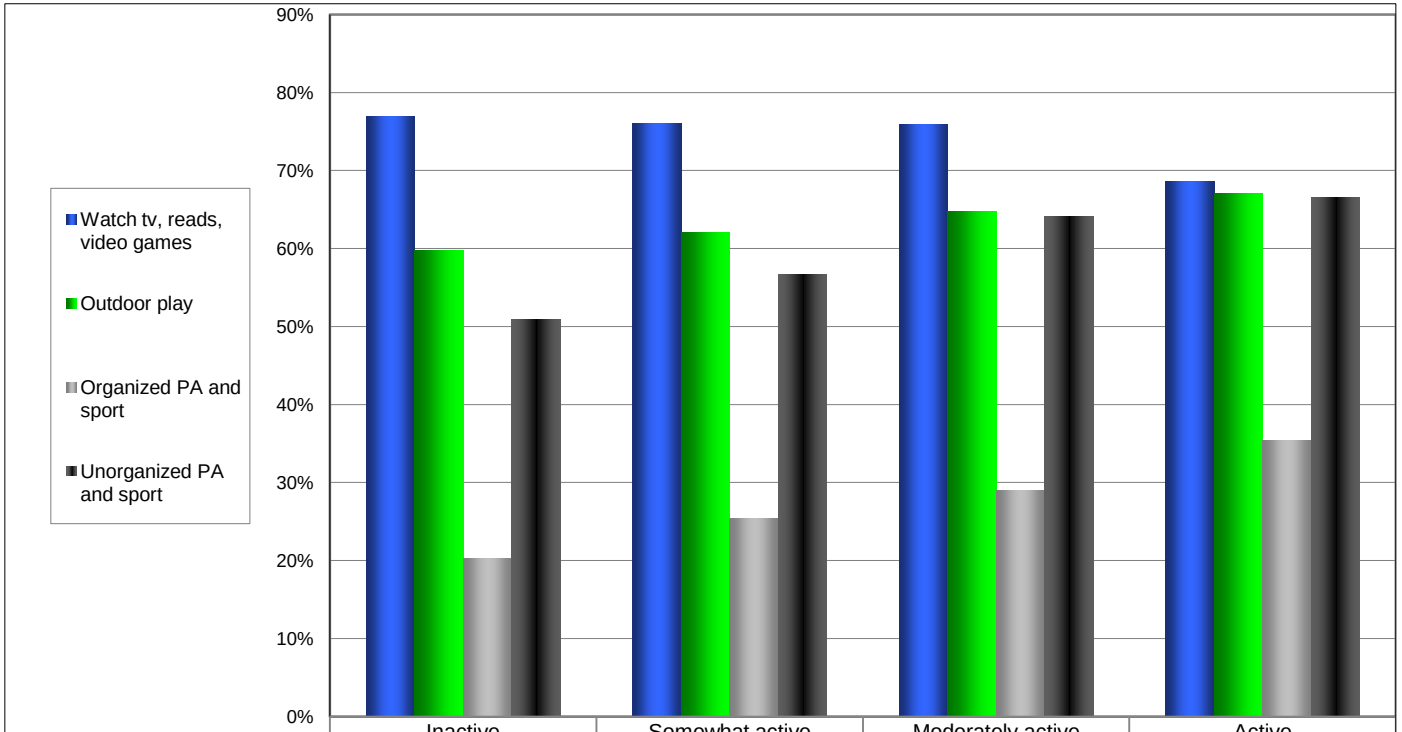
Figure 3: Participation in certain active and sedentary pursuits after school by parent activity level, 2010-11



	Inactive	Somewhat active	Moderately active	Active
Watch tv, reads, video games	77%	76%	76%	69%
Outdoor play	60%	62%	65%	67%
Organized PA and sport	20%	25%	29%	35%
Unorganized PA and sport	51%	57%	64%	67%