Figure 1: Average steps, Canada and regions

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CANPLAY studies, 2011-2014
Figure 2: Average steps by age and gender of child

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CANPLAY studies, 2011-2014
Figure 3: Average steps by parent’s activity level

- Substantially more active
- Slightly more active
- Just as active
- Slightly less active
- Substantially less active
Figure 4: Trends in average steps over time, overall and by gender

Canadian Fitness & Lifestyle Research Institute
CANPLAY studies, 2005-2014