Figure 1: Average steps, Canada and regions
Figure 2: Average steps by age and gender of child, Nova Scotia

Canadian Fitness & Lifestyle Research Institute

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

- Substantially more active: 12,000 steps
- Slightly more active: 10,000 steps
- Just as active: 10,000 steps
- Slightly less active: 10,000 steps

CANPLAY studies, 2011-2014
Physical activity levels of children and youth in Nova Scotia
Bulletin # 1 (Nova Scotia)

Figure 4: Trends in average steps by gender in Nova Scotia

Canadian Fitness & Lifestyle Research Institute

CANPLAY studies, 2005-2014