Physical activity levels of children and youth in Quebec
Bulletin #1 (Quebec)

Figure 1: Average steps, Canada and regions

Canadian Fitness & Lifestyle Research Institute

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

CANPLAY studies, 2011-2014
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Figure 3: Trends in average steps by gender in Quebec

CANPLAY studies, 2005-2014
Figure 4: Average steps by child’s participation in organized physical activity and sport, Quebec

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CANPLAY studies, 2005-2014