



HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA

Kyle Peterson

Member of Parliament
Newmarket—Aurora

For Immediate Release

MP Kyle Peterson tables M-206: A Motion to Study Fitness and Physical Activity Levels of Canadian Youth

November 1, 2018 – Ottawa

Kyle Peterson, Member of Parliament for Newmarket-Aurora, has tabled his Private Member's Motion in the House of Commons. *M-206* instructs the Standing Committee on Health to study the levels of fitness and physical activity of Canadian youth, taking into consideration the social, economic, cultural, physical and mental health implications as well as the relationship between increased physical activity and anti-bullying.

Today, our youth are spending far too much time in front of screens and as a result, are not reaching the recommended levels of physical activity outlined in the Canadian 24-Hour Movement Guidelines for Children and Youth. Engaging in fitness and physical activity has numerous benefits for all ages, but particularly our youth. Increased physical activity leads to maintaining healthy bodies and lifestyles, sharper minds, and can teach our youth valuable skills such as time management and self-discipline, commitment, respect and fair play and teamwork.

M-206 will ensure that Parliamentarians study and fully understand the multi-faceted impact that fitness and physical activity have on our youth, and will provide recommendations and strategies for ways in which we can work to increase activity levels.

Quotes

“As the father of two young boys, I have seen first-hand the significant benefits that an active lifestyle can have and I have also seen how addictive screen time can be. Ensuring that our youth are meeting the recommended physical activity levels is important, and will lead them to a healthier and more successful life. I am proud to have tabled *M-206* so that the federal government can, through the Standing Committee on Health, tap into the existing expertise on this important matter; and recommend to the House a strategy for moving forward.”

– *Kyle Peterson, Member of Parliament for Newmarket-Aurora*

Ottawa

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Quick Facts

- The *Canadian 24-Hour Movement Guidelines* recommend at least 60 minutes of moderate to vigorous daily physical activity for children and youth aged 5-17 years
- National Health and Fitness Day is celebrated on the first Saturday in June each year, this year occurring on June 1, 2019
- 35% of 5 to 17 year-olds reach the recommended physical activity levels
- 62% of 3 to 4 year olds reach the recommended physical activity levels
- Canada receives a ‘D+’ for Overall Physical Activity, a ‘C+’ for government action, a ‘D+’ in Physical Literacy, and a ‘D’ in Active Play & Leisure in ParticipACTION’s 2018 Report Card
- Budget2018 provided \$25 million over five years, starting in 2018-2019, to ParticipACTION to lead Canada towards a more active lifestyle

Associated Links

[M-206](#)

[Canadian 24-Hour Movement Guidelines for Children and Youth](#)

[ParticipACTION report on Physical Activity for Children and Youth](#)

[Activate Aurora](#)

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