

Physical Activity for Children

Videos

<https://www.gonoodle.com>

Otherwise known as Go Noodle. This is a wonderful site which includes body breaks, short and long workouts for children and tweens, yoga (Maximo) and now belly breathing. It's free, fun and kids love it.

Texts

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

This is the Health Canada website dedicated to physical activity with a specific section pertaining to children.

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php>

Physical Activity Tips for Children (5-11 years)

http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_child_en.pdf

Canadian Physical Activity Guidelines

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/weights-poids-eng.php>

Be Active - Canada's Food Guide

<https://www.participaction.com/en-ca/taxonomy/term/293>

ParticipACTION Physical Activity Guidelines

http://dvqdas9jty7g6.cloudfront.net/reportcard2014/AHKC_2014_ReportCard_ENG.pdf

2014 Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth

<http://www.eatrightontario.ca/en/Articles/Menu-Planning/eaTracker-Tracking-your-eating-habits-and-physica.aspx#.Vgs3ZOxViko>

An Ontario online program to help track nutrition and physical activity

<http://www.cheo.on.ca/En/physact>

CHEO - Get outdoors and get moving!