



Only 5% Of School-aged Kids Are Getting Enough Physical Activity.

It's up to everyone to make sure that physical activity is on the minds of candidates. Why? Because it affects you, your family, your future and your community.

Physical activity has been proven to:

- have a positive effect on both physical and mental health and well-being
- increase academic performance
- reduce the chances of developing chronic diseases like heart disease and type 2 diabetes



www.ophea.net



<http://parc.ophea.net>

**TALK THE TALK
SO THAT MUNICIPAL
CANDIDATES
WALK THE WALK!**



Questions for candidates:

- Is physical activity important to you? Why?
- How would you increase the level and quality of physical activity in our community?
- How would you address (through policies or programming) those in our community with the greatest need for physical activity?

#VoteActive

What's important to you? Write it down, ask it, tweet it, or post it to make sure your needs are heard.

Need more ideas? Check out the Active Healthy Kids Canada report card on physical activity at www.activehealthykids.ca.

HEY VOTER!

This piece is designed to help you start conversations and spark debate about the importance of physical activity, to find out what candidates plan to do about it. Physical activity goes beyond sports and organized activities and includes active transportation (getting there on your own steam) and active play (remember playing tag or skipping rope just for fun?).

You, as a constituent, have the power to make physical activity a focus in this election. Does it matter to you? It should!

The Facts Are Clear

- **Our communities are not all equal.**
Only 59% of adults report living in a neighbourhood that supports overall physical activity (e.g. has bike lanes, is walkable).
- **We need quality physical education in our schools.**
More than 4 out of 5 parents agree that the education system should place more importance on providing quality physical education.
- **Parents are footing the bill.**
79% of parents support their kids' physical activity financially.
- **There are too many distractions.**
Over half of parents agree that their kids spend too much time watching tv or using the computer.
- **Kids are being driven to school.**
Only 1 in 10 schools has a fully implemented policy to promote active transportation and only 25% of parents say their kids always walk or wheel to/from school.
- **Kids actively play less than an hour a day.**
According to parents, kids get only 4.1 hours of physical activity per week through active play.

* All statistics taken from the 2014 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
www.activehealthykids.ca

How to Use this Tool

1. **Stick it:** Attach it to your front door or window so that when a candidate comes by you have the questions to ask right at your fingertips.
2. **Grab it:** Take it with you to a community debate or function to help get the conversation going with candidates and/or community members (stick it back up afterwards!).
3. **Share it:** Use it as a starting point for your online or written communications with your candidates. Use #VoteActive to connect your thoughts with like-minded people on social media.

The Physical Activity Resource Centre (PARC) is the Centre of Excellence for physical activity promotion in Ontario and is funded by the Government of Ontario with the key objective of reducing chronic disease through physical activity. Visit us at <http://parc.ophea.net>

Ophea is a not-for-profit organization led by the vision that all kids value and enjoy the lifelong benefits of healthy active living. Visit us at www.ophea.org

