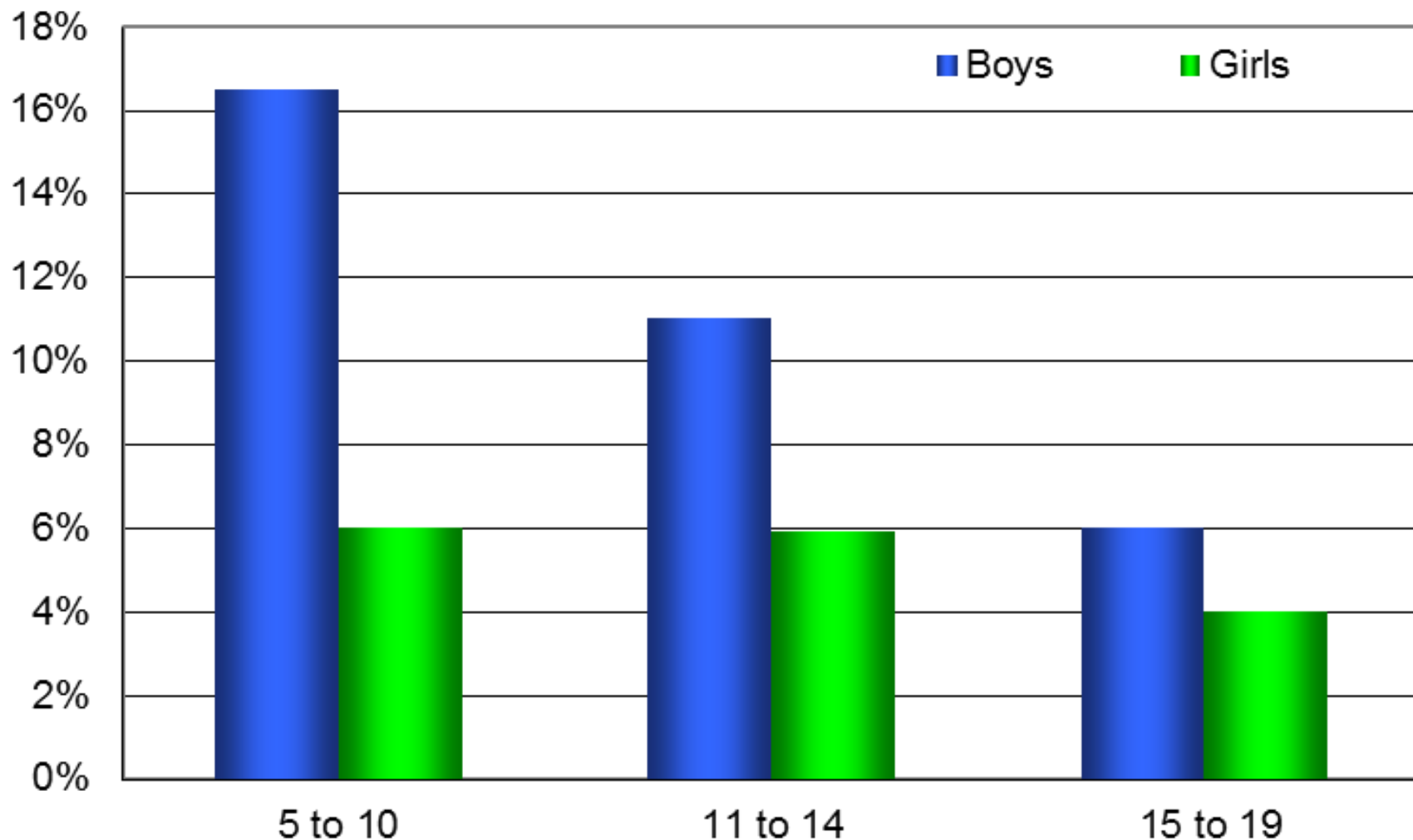


How many steps are sufficient for children and youth to be healthy?

Bulletin # 2

Figure 1: Proportion achieving 16,500 steps on average by age and sex



How many steps are sufficient for children and youth to be healthy?

Bulletin # 2

Figure 2: Proportion achieving two other step criteria by age and sex

