

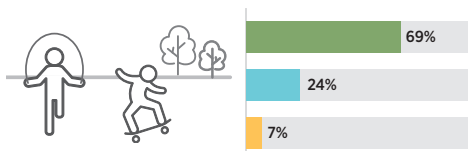
Physical Activity FILES

This infographic provides findings from the Canadian Fitness and Lifestyle Research Institute's 2025 Physical Activity Monitor Parent Survey (a focus on physical activity and sport participation of children and youth aged 1 to 17 years).

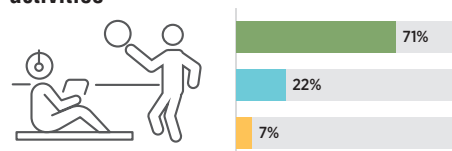
Parental involvement in sport and physical activity of child/youth

Often or very often Sometimes Not at all or rarely

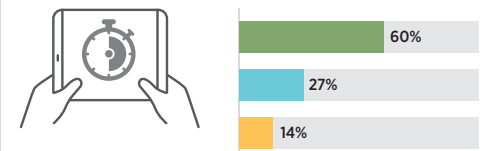
Encouraging regular outdoor play



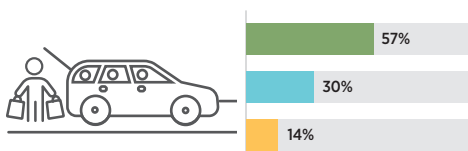
Encouraging active play over screen activities



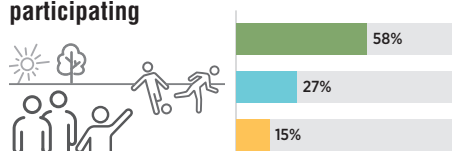
Placing time limits on screen-based activities



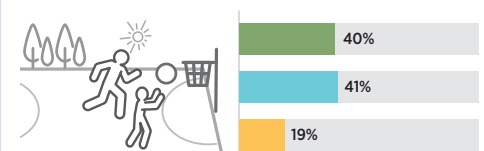
Providing transport to places to participate



Spectating or watching child/youth participating

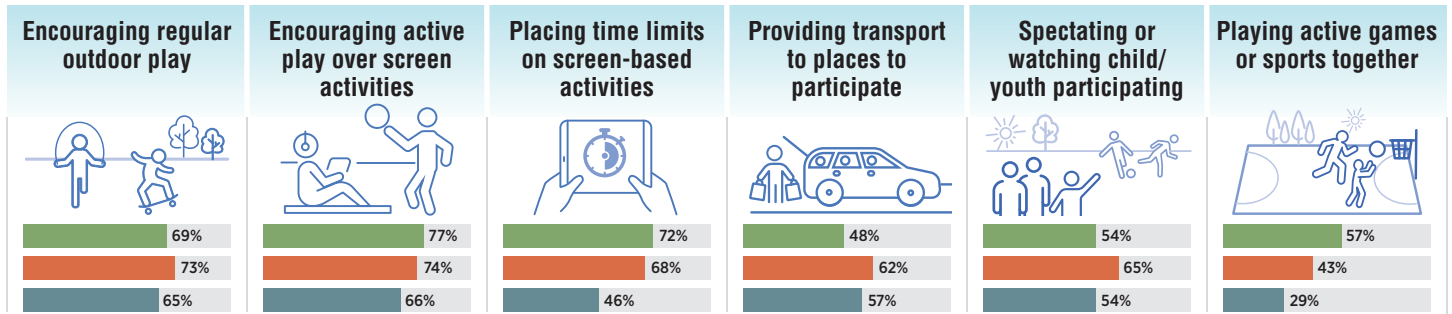


Playing active games or sports together



Parental involvement in sport and physical activity child/youth by age of child*

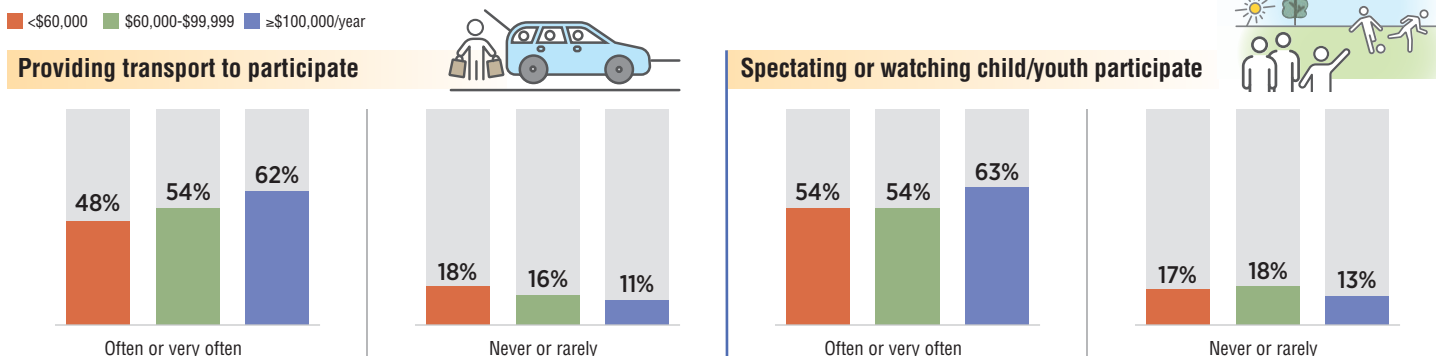
1 to 4 years 5 to 11 years 12 to 17 years



*among those responding "often or very often"

Parental involvement in sport and physical activity child/youth by household income

<\$60,000 \$60,000-\$99,999 ≥\$100,000/year



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