

From all of us here at the Stay-FIT study group, we wish to say ...

# ...Thank you!!

Are you interested in helping with the next piece of the puzzle?

We are now running some focus groups and interviews on physical activity. In these groups you will be able to talk about the things that you find important, and the things that stop you from getting those 60 minutes of moderate to vigorous activity! If you are interested in participating, please contact Barb Galuppi (galuppi@mcmaster.ca).

Thanks again!

**Stay-FIT Study Group:**

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< PARTICIPANT NAME >

**Age at Testing:** 14 years  
**Date of Testing:** 1/03/2010  
**GMFCS Level:** III



# STAY FIT



## Pilot Study

October 2011

### Remember the accelerometer?

This is the device that you wore for one whole week to measure your activity levels. When we look at that information it looks like the graph just below here.

We've taken that information and changed it into a more meaningful set of categories: the time you sit still (sedentary time), the time you move a little (light activity), when you just start to sweat (moderate activity), and when you're really working hard (vigorous activity). That information is just to the right!



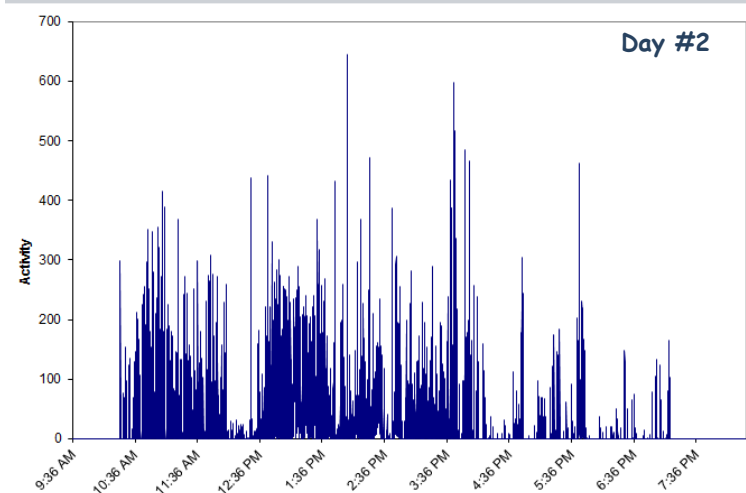
### On a typical day, you did ...

- 731.0 minutes of Sedentary Time (ST).
- 101.4 minutes of Light Activity (LPA).
- 14.4 minutes of Moderate Activity (MPA).
- 12.3 minutes of Vigorous Activity (VPA).
- 26.8 minutes of Moderate to Vigorous Activity (MVPA).

What does this mean? Is this good?

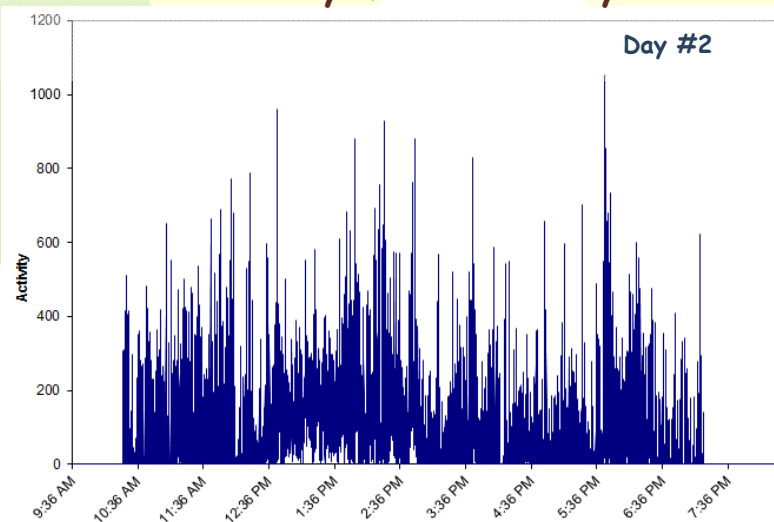
Let's find out!!

### This is the activity measured on your waist!



Day #2

### This is the activity measured on your wrist!

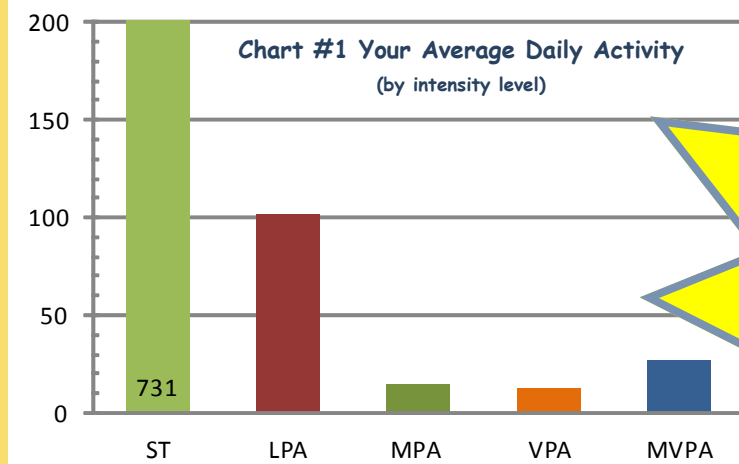


Day #2

Notice how your wrist has more lines and higher ones? That means your wrist was moving more and further than your waist was! Makes sense right?

## How do you fit into this puzzle?

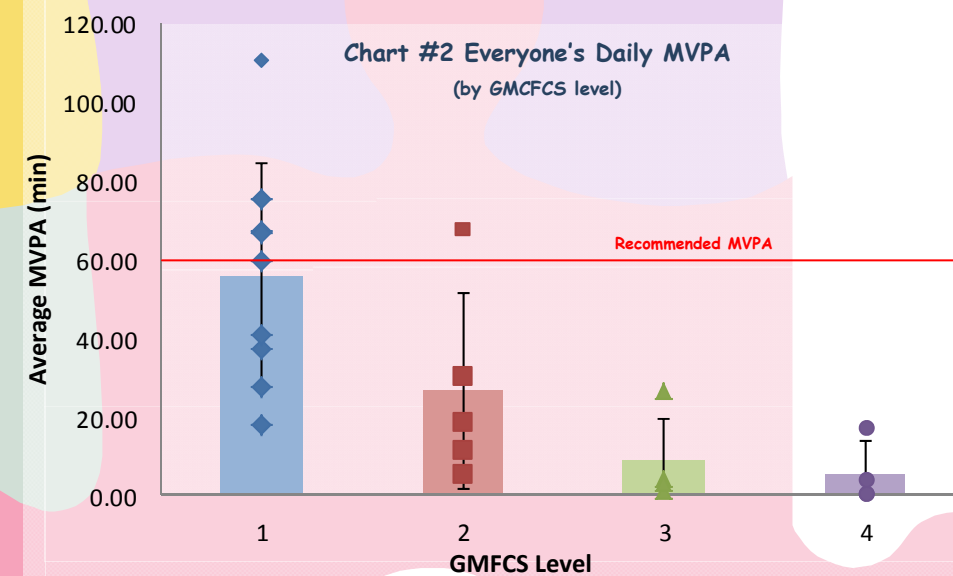
We collected information from 23 other teenagers including four different levels of ability. Chart #1 shows **your** activity levels. Chart #2 shows **your peers'** average daily MVPA (the dots), the average of everyone's MVPA (the coloured bars), and Health Canada's recommended amount of MVPA (the line). As you can see, nearly everyone who participated is well below the healthy recommendations.



### REMEMBER!!

Canada's Physical Activity Guidelines recommend that everyone gets at least 60 minutes of moderate-to-vigorous physical activity per day!

You spent an average of **26.8 minutes of MVPA per day. This is exactly the recommended amount. Keep up the great work! Remember**



### What does all this mean?

It means...

...that the accelerometer worked! We were testing how well that device would measure your activity levels. You and your peers reported little difficulty with the device, meaning that we can now use accelerometers to measure activity in more kids and teens!

### How does this help me?

You can use the activity information you received here to understand the importance of activity! Every teen should get **at least 60 minutes of moderate to vigorous activity per day**. If you would like more information, check out [http://canchild.ca/en/ourresearch/stay\\_fit.asp](http://canchild.ca/en/ourresearch/stay_fit.asp) or [www.fhs.mcmaster.ca/chemp](http://www.fhs.mcmaster.ca/chemp).