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PRESENTS

Science on tap

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Thursday, October 11, 2012 – 7:00 pm

Delta Regina, Trentino Room

1919 Saskatchewan Drive, Regina SK S4P 4H2

Open to the public; free admission. Please RSVP: info@csep.ca

Canadian Physical Activity and Sedentary Behaviour Guidelines for the Early Years (aged 0-4 years)

These are Canada's first-ever evidence-based Physical Activity and Sedentary Behaviour Guidelines for Children in the Early Years. The new guidelines provide the guidance and evidence-based recommendations for health professionals, parents and caregivers.

Experts:

Mark Tremblay

**Guideline
Development:
Process Overview**

Healthy Active Living &
Obesity Research
Group (HALO), CHEO
Research Institute,
Ottawa

Brian Timmons

**Physical Activity
Guidelines: Evidence
and Outcome**

Child Health & Exercise
Medicine Program
McMaster University
Hamilton

Ian Janssen

**Sedentary Behaviour
Guidelines: Evidence
and Outcome**

Kinesiology & Health
Studies
Queen's University
Kingston

Allana LeBlanc

**Canadian Early
Years Guidelines:
What do they mean to
practitioners?**

HALO,
CHEO Research
Institute, Ottawa

Moderator:

Earl Noble, PhD

Kinesiology
Western University
London



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