THE POWER TO MOVE KIDS

2014 GLOBAL SUMMIT on the Physical Activity of Children

Bringing together leading researchers, practitioners and policy makers to address the growing childhood physical inactivity crisis

MAY 19-22 2014
Toronto, Canada

www.activehealthykids.ca
The 2014 Global Summit on the Physical Activity of Children, “The Power to Move Kids” will bring together leading international researchers, practitioners, and policy makers in the field of childhood physical activity.

The four-day conference will be the change-making forum to share evidence and best practices from around the world to drive coordinated action and initiatives and stem the growing global childhood physical inactivity crisis.

Who Should Attend?
Anyone whose work touches physical activity for children should count this among the must-attend events for 2014. Delegates will include government and NGO leaders, public health professionals, post-secondary faculty and students, community sport and recreation leaders, researchers and other stakeholders who have a vested interest in improving physical activity opportunities for children.

Delegates Can Expect To:
• Take advantage of a professional learning opportunity from the world's leading authorities on physical activity for children
• Gain the knowledge, tools and fresh insight that will help to maximize resources and build better policies, programs, and campaigns to get kids moving
• Participate in workshops that explore tried and tested initiatives that are focused on improving physical activity levels for kids
• Learn about methods to enhance evaluation, monitoring and surveillance of childhood physical activity
• Gain from an international networking opportunity
• Be part of the launch of the world’s first global matrix of childhood physical activity levels from countries across five continents

The Global Summit is proudly presented by Active Healthy Kids Canada, a national charitable organization established in 1994 that works to power the movement to get kids moving. For the past 10 years the annual Active Healthy Kids Canada Report Card on the Physical Activity of Children and Youth has been a “go to” source for the most up to date evidence on this issue and has served as the basis for media coverage, public debate, policy development, research proposals, academic publications, communications campaigns, funding decisions and general discourse.

Don’t miss out! REGISTER NOW for the 2014 Global Summit on the Physical Activity of Children to make sure that you are part of this game-changing event.
Register at: www.activehealthykids.ca/summit
The Global Summit will begin with the release of the 2014 “10th Anniversary” Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth along with the unveiling of the world’s first ever Global Matrix on the Physical Activity of Children and Youth.

An international team of researchers from 16 nations across five continents will reveal how nations are measuring up with respect to the physical activity of children. This ground-breaking cooperative effort will assess and analyze what is working in some countries and where the gaps currently exist in advancing childhood physical activity.

Next, through a series of four themed half-day sessions, the Global Summit will delve deep into topics related to the key childhood behaviours that contribute to overall physical activity levels.

Half days will be grouped into sessions that focus on:

**Sedentary Behaviour, Active Play, Active Transportation, and Organized Sport & Physical Activity.**

Sessions that include oral presentations, workshops, symposia and debates will explore how these behaviours intersect with the critical influences on childhood physical activity including home, school, community, and policy.

**Highlights will include:**
- Thought-provoking keynote speakers
- Best practice workshops that deconstruct proven physical activity interventions
- Comparison of physical activity data between countries
- International research presentations
- Symposia and debates to highlight emerging research and priorities
- Networking with delegates and presenters through “Ask the Experts” sessions
- Poster presentations from around the globe
- A culminating “Call to Action”
Schedule Highlights at a Glance

Day 1: Monday May 19
Registration and Networking Reception

Day 2: Tuesday May 20

Morning Day 2:
Opening Session: The World View - Reporting on Childhood Physical Activity Across Five Continents

Release of the 10th Anniversary Edition of the Active Healthy Kids Canada Report Card on the Physical Activity of Children and Youth

Afternoon Day 2:
Theme - Sedentary Behaviour: Peril of a Modern-Age Childhood
Children around the world have adopted a modern lifestyle that includes spending a great deal of time sitting idle indoors, a radical change in behaviour over the last two generations which, irrespective of physical activity levels, comes with increased health risks.

This half day session will explore programs, strategies and ideas from around the world about how to reduce sedentary behaviour among children and youth.

Symposium: Comparison of Physical Activity Plans Between Countries
Symposium: Screen-time and Sitting in Young Children
Debate: “Active Video Gaming: Friend or Foe?”

Day 3: Wednesday May 21

Morning Keynote
Let's Move!: Moving a Nation Towards a Healthier Future
Active Kids Do Better: Why We Must Create Early, Positive Physical Activity Experiences for Youth Now to Ensure a Brighter Future
Shellie Pfohl, Executive Director of the President’s Council on Fitness, Sports and Nutrition, will discuss why organizations across sectors must work together to create early, positive physical activity experiences for youth. Ms. Pfohl will share how the United States government has played a significant role in impacting the health of future generations, through initiatives and programs, such as First Lady Michelle Obama’s Let’s Move! campaign and the Presidential Youth Fitness Program.

Morning Day 3:
Theme - The Business of Childhood: Active Play
Play is so integral to childhood, so crucial for optimal development, that it is enshrined in the United Nations Convention on the Rights of the Child. Active play allows children and youth of all ages to learn fundamental movement skills, test boundaries, learn from their mistakes and enjoy being active outdoors.

This half day session will look at ways to encourage active play worldwide and the steps and recommendations we can take to continue to improve this behaviour.

Afternoon Day 3:
Theme - Boosting Kid-Powered Travel: Active Transportation
Walking and wheeling to get to and from places such as schools, parks, and shops has long been known to be an important source of physical activity for children and youth. Yet in recent years, active transportation to basic destinations has become a waning childhood behaviour.

This half day will focus on strategies to improve active transportation of children presented from four key perspectives: home, schools, community and policy.

Symposium: Let's Talk the Walk:
Interventions to Promote Active School Travel
Symposium: Risks of Physical Activity in Children:
Where Do We Draw the Line Between Acceptable and Unacceptable Risks?
Debate: Increasing Physical Activity or Decreasing Sedentary Behaviour to Improve Children’s Health?

Sessions to Challenge Thinking and Inspire Solutions to Get Kids Moving
Learn from the leading thinkers and researchers on childhood physical activity who will be delivering an insider’s perspective on the work they are doing that will both inform and shape the direction of physical activity programming and research to advance knowledge on childhood physical activity.

Symposia will bring together a group of speakers with different world perspectives to tackle a key topic or issues related to childhood physical activity. Debates will have leading researchers square off to advocate for or against the most current, and in some case controversial, topics relating to childhood physical activity. Oral Presentations will share learning and research related to physical activity of children and youth. Workshops will share the “tried and tested” work that is being done, on the ground, to get kids more physically active.
Day 4: Thursday May 22

Morning Day 4:
Theme - Get Kids in the Game: Organized Sport and Physical Activity

Participation in organized sport is a structured way to increase physical activity and to develop the fundamental movement skills that kids need to lead active healthy lives.

This half day session will focus on the current issues and effective strategies to increase and enhance childhood participation in organized sport and physical activity.

Symposium: Opening Up and Safeguarding the Playing Field

Call to Action
By bringing together diverse experts and perspectives, the 2014 Global Summit on the Physical Activity of Children truly has the Power to Move Kids™.

To harness this collective power, the Summit’s closing session will arm delegates with a summary of evidence-based recommendations to the global childhood physical inactivity crisis.

THANKS TO OUR FUNDERS!

And provincial and territorial governments through the Intergovernmental Sport and Recreation Council.
The 2014 Global Summit on the Physical Activity of Children is being held at The Westin Harbour Castle situated in a spectacular location on the shores of Lake Ontario in the heart of downtown Toronto. With easy access the lakeshore and its superb recreation trails and the lights and bustle of the downtown core the Westin Harbour Castle is the perfect spot to mix business and seeing the sights of Toronto.

Located close to Toronto’s world-class theatre district, sports venues such as the Air Canada Centre, Rogers Centre, and BMO Field, attractions like the CN Tower, Harbourfront Centre, the Toronto Island Ferry, and an abundance of restaurants – are all within easy reach of the hotel.

A competitive room rate of $199.00 per room, per night plus all applicable taxes has been negotiated for 2014 Global Summit delegates at the Westin Harbour Castle.

To book your hotel stay, please visit [https://www.starwoodmeeting.com/Book/ACE01A](https://www.starwoodmeeting.com/Book/ACE01A)

### Registration Information

**2014 Global Summit Registration Full Registration**

- **Early Bird Rate Price:** $495.00
- **Regular Price:** $595.00
- **Registration Deadline:** Wednesday, January 30, 2014
- **Registration Deadline:** Monday, May 12, 2014

**Included with full delegate registration:**
- 4 day access to the Global Summit, admission to all general sessions and breakout sessions
- Admission to Networking Reception on Monday, May 19
- 3 days buffet breakfast, lunch and coffee break (May 20, 21, 22)
- Entrance to poster exhibit areas

**2014 Global Summit Registration Student Registration**

- **Price:** $295.00
- **Registration Deadline:** Monday, May 12, 2014

**Included with student registration:**
- 4 day access to the Global Summit, admission to all general sessions and breakout sessions
- Admission to Networking Reception on Monday May 19th
- 3 days buffet breakfast, lunch and coffee break (May 20, 21, 22)
- Entrance to poster exhibit areas

**2014 Global Summit Registration One Day Pass**

- **Price:** $250.00
- **Registration Deadline:** Monday, May 12, 2014

**Included with one day registration:**
- 1 day access to the Global Summit, admission to all general sessions and breakout sessions
- 1 day buffet breakfast, lunch and coffee break
- 1 day entrance to poster exhibit areas