



# What R UR Kids Doing After School? Not Nearly Enough



Boys & Girls Clubs of Canada  
Clubs Garçons & Filles du Canada

For Immediate Release

March 13, 2009 — The World Health Organization reports that poor eating habits and lack of physical activity have pushed the rate of childhood obesity in Canada to 8 percent; nearly triple what it was in 1978. The current generation of kids can expect shorter life spans than their parents.

Starting in mid-March, the *Today's Parent's* Healthy Kids 2009 program will focus on how we can all help give more kids a chance to live healthy, active lives. By creating more opportunities for physical activity, including healthy, fun after-school programming we can increase the number of kids who are active and eating right. Visit [Todaysparent.com/healthykids2009](http://Todaysparent.com/healthykids2009) for more information.

This month's special features:

- p. 4**            **What R UR kids doing after school? Not nearly enough** — This article profiles Australia's national after-school initiative, which provides free sports and activities for 150,000 children. And we ask: Could it happen here?
- Online**        **Add Your Voice** — Join Boys & Girls Clubs of Canada and today's Parent in advocating for healthy after-school opportunities for all Canadian kids. Visit [Todaysparent.com/healthykids2009](http://Todaysparent.com/healthykids2009) for all the details.

For more information or to book an interview with a Today's Parent editor, please contact Nichola Anderson at 416-764-2069, [nichola.anderson@tpg.rogers.com](mailto:nichola.anderson@tpg.rogers.com)

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#### About *Today's Parent*:

As Canada's #1 parenting magazine, *Today's Parent* is committed to helping parents build happy, healthy families. Speaking to moms and dads of children from birth to 14, articles tackle the complete range of parenting issues, including health, education and behaviour. *Todaysparent.com* is Canada's leading family website, covering topics from preconception to teen. It provides a variety of interactive web tools and features, plus a vibrant forum community. Visit [www.todaysparent.com](http://www.todaysparent.com).

#### About *Boys and Girls Clubs of Canada*:

Boys and Girls Clubs of Canada (BGCC) is a leading charitable organization providing programs to children and youth that support the healthy physical, educational and social development of 200,000 young people and their families each year. In 700 community locations across Canada, trained staff and volunteers offer access after-school, and at other times when children are not in school, to affordable opportunities for physical recreation, homework help, technology learning, life and leadership skills development, arts exploration and more. Many Clubs also provide nutritious snacks and meals, emergency shelter, family support programs and other supports to children, youth and families at risk.

Each Club creates a safe, supportive environment where young people can experience new opportunities, develop healthy attitudes and behaviours, overcome personal challenges and build positive relationships, confidence and skills for life. To learn more about BGCC, visit [www.bgccan.com](http://www.bgccan.com).