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Municipalities are looking at programs to help keep children like brothers Daniel and Bube Alex-Okoro active this summer.

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Safety concerns over the pandemic have led to the cancellation of summer camps and various recreation programs in the region, leaving children and youth with fewer avenues to stay active and socialize.

"We already know for years now that kids haven't been engaging in outdoor physical activity,' said Dr. Joyce Obeid, an assistant professor with the Child Health and Exercise Medicine Program in the Department of Pediatrics at McMaster University, noting that COVID-19 has made the situation

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