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## LAURIER EXPERT ALERT: ParticipACTION Report Card

WATERLOO – ParticipACTION released its annual **ParticipACTION Report Card** on “Physical Activity for Children and Youth” **June 9**. The report card provides a comprehensive assessment of the current status of physical activity for children and youth in Canada.

There are several Laurier experts available to comment on the report.

**Jennifer Robertson-Wilson**, associate professor in Laurier’s Kinesiology and Physical Education program, has expertise in school-based physical activity policies. She is the author of *Ontario’s daily physical activity policy for elementary schools: Is everything in place for success?* Contact information: 519-884-0710 x3928 or at [jrobertsonwilson@wlu.ca](mailto:jrobertsonwilson@wlu.ca).

“Outdoor play has finally taken centre stage as a way to engage our young people in physical activity. Outdoor play doesn’t have to cost a thing and applies across home, community, and school settings. We need to come together as recommended in the ParticipACTION position statement to reverse the identified ‘protection paradox.’”

Areas of expertise:

- Exercise psychology
- School physical activity policies
- Health promotion

**Mark Eys**, associate professor in Laurier’s Kinesiology and Physical Education and Psychology programs and Canada research chair in Group Dynamics and Physical Activity, is an expert on the role of groups in sport and youth physical activity. Contact information: 519-884-0710 x4157 or at [meys@wlu.ca](mailto:meys@wlu.ca).

“The position statement provided by ParticipACTION to encourage kids to get outside is a breath of fresh air, as is the information for parents to really think about the risks versus the benefits of outdoor play.”

Areas of expertise:

- Exercise and sport psychology
- Group dynamics
- Team building
- Youth sport