



Atlas of Canada 6th Edition
(archival version)
**Physical activity of youth
(aged 12-19 years)
who are sufficiently active**

The map shows by health region in 2005 the proportion of youth who are sufficiently active.



Lambert Conformal Conic Projection. Standard Parallels 49°N and 77°N

Proportion of youth (aged 12-19 years) who are sufficiently active (%)	Populated Places	Boundaries
5.0% - 16.1%	• 0 - 999	— International
16.2% - 22.9%	• 1 000 - 4 999	— Provincial / Territorial
23.0% - 28.9%	• 5 000 - 24 999	— Canada / Kalaallit Nunaat dividing line
29.0% - 34.0%	• 25 000 - 99 999	— Canada's Exclusive Economic Zone (EEZ)
No Data	• 100 000 - 499 999	— Health Region Boundary
	• 500 000 or greater	
	• Abbreviation (F.N.) First Nation Community	
	Capital Cities	
	• National	
	• Provincial or Territorial	

Source(s):
Physical Activity of Adults and Youth
Canadian Fitness and Lifestyle Research Institute, 2008. Rating Canada's Regional Health (2005).
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