



The
Atlas
of Canada

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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.

0 100 200 400 600 km

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

Proportion of youth (aged 12-19 years) who are sufficiently active (%)

5.0% - 16.1%
16.2% - 22.9%
23.0% - 28.9%
29.0% - 34.0%
No Data

Populated Places

• 0 - 999
• 1 000 - 4 999
• 5 000 - 24 999
• 25 000 - 99 999
• 100 000 - 499 999
• 500 000 or greater

Boundaries

— International
— Provincial / Territorial
— Canada / Kalaallit Nunaat dividing line
— 25 000 - 99 999
— Canada's Exclusive Economic Zone (EEZ)
— Health Region Boundary

Abbreviation (FNU) First Nation Community

Capital Cities

• National: Ottawa
• 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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