

Children's physical activity and sedentary behavior is related between different parts of a day



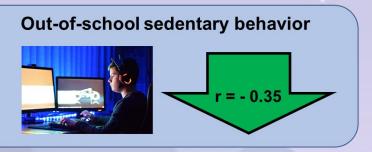
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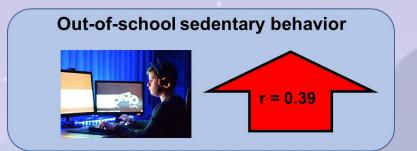
More moderate-to-vigorous physical activity (MVPA) during school relates to....



More sedentary behavior during school relates to...







N = 1085; similar results across age (7-12 years), boys and girls, and weight status (BMI%ile = 61.31 [+/- 31.57])

Reference: Nigg, C. R., Chard, C., Zahng, G. & Nigg, C. (2022). Children's physical activity and sedentary behavior is related between different parts of a day. *Current Issues in Sport Science (CISS)*, 7: 002. https://doi.org/10.36950/2022ciss002