

# Kids Need to Move More to Boost their Brain Health

Evidence shows that less screen time and more physical activity can lead to:

- improved thinking, learning, and memory,
- decreased anxiety and depression,
- better problem solving abilities, and more.

Encourage children and youth to meet the daily physical activity guidelines for their age, and be active as a family.

Visit [participation.com](https://participation.com) to view the 2018 ParticipACTION Report Card.

Visit [csep.ca](https://csep.ca) for Canadian physical activity guidelines.

