

All in the Family: Promoting Family Function Through Physical Activity

NCT06098716

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Victoria
Enrollment	165 participants

Key Eligibility Criteria

Inclusion (2)

- Participants will be at least one parent with at least one child between the ages of 6 and 12 years.
- Families (parents and/or guardians and children) residing in Canada. Children that participate in <60 minutes/day of moderate to vigorous physical activity (MVPA).

Exclusion (2)

- If child is meeting the current physical activity guidelines ≥ 60 minutes a day of moderate to vigorous physical activity per day.
- If the participant does not pass the Physical Activity Readiness Questionnaire (PARQ) If children's age falls outside the 6-12 year range

Locations (1 total)

University of Victoria, Victoria, British Columbia, Canada