

References



Introduction

1. "Physical Activity Definitions." HealthLink BC, December 2016. www.healthlinkbc.ca/physical-activity/definitions
2. Caspersen, C.J., K.E. Powell, and GM Christenson. "Physical Activity, Exercise, and Physical Fitness: Definitions and Distinctions for Health-Related Research." *Public Health Reports* 100, no. 2 (1985): 126-31. www.ncbi.nlm.nih.gov/pmc/articles/PMC1424733/#
3. "Canadian 24-Hour Movement Guidelines: An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/>
4. "Canadian 24-Hour Movement Guidelines for Children and Youth (Ages 5-17 Years): An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/children-and-youth-5-17/>

Leader Tip Sheets

Healthy Body, Healthy Mind

1. "Happy Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/happy-better
2. Ibid.
3. "Get Started." ParticipACTION, 2019. Accessed August/September 2019. <https://www.participaction.com/en-ca/programs/get-started>
4. "Unwind Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/unwind-better
5. "Breathe Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/breathe-better
6. "Exercising to Relax." Harvard Health Publishing. Harvard University, July 13, 2018. Accessed August/September 2019. www.health.harvard.edu/staying-healthy/exercising-to-relax
7. "Canadian Physical Activity Guidelines for Adults (18-64 years). CSEP. The Canadian Society for Exercise Physiology. <https://csepguidelines.ca/adults-18-64/>
8. "Canadian 24-Hour Movement Guidelines for Children and Youth (Ages 5-17 Years): An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/children-and-youth-5-17/>

Physical Activity and Productivity

1. Voss, M.W., Vivar, C. Kramer, A.F., & van Praag, V. "Bridging Animal And Human Models Of Exercise-Induced Brain Plasticity." *Trends in Cognitive Sciences*, 2013, 7(10), 525-544 referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/focus-better
2. Colzato, Lorenza., Szapora, Ayca., Pannekoek, Justine & Hommel, Bernhard. "The impact of physical exercise on convergent and divergent thinking." *Frontiers in human neuroscience*, 2016. DOI: 10.3389/fnhum.2013.00824 www.ncbi.nlm.nih.gov/pmc/articles/PMC3845014/
3. Suzukl, W. "A neuroscientist says there's a powerful benefit to exercise that is rarely discussed." Quartz, 2016. Retrieved from <https://qz.com/592569/a-neuroscientist-says-theres-a-powerful-benefit-to-exercise-that-is-rarely-discussed/> referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/focus-better
4. Goodman, H. "Regular Exercise Changes The Brain To Improve Memory, Thinking Skills." Harvard Medical School, 2018. Retrieved from www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110 referenced in "Learn Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/learn-better

5. Ibid.
6. Ibid.
7. Friedman, R. "Regular Exercise is Part of Your Job." Harvard Business Review, 2014. Retrieved from <https://hbr.org/2014/10/regular-exercise-is-part-of-your-job> referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/focus-better
8. "Canadian Physical Activity Guidelines for Adults (18-64 years). CSEP. The Canadian Society for Exercise Physiology. <https://csepguidelines.ca/adults-18-64/>
9. "Canadian 24-Hour Movement Guidelines for Children and Youth (Ages 5-17 Years): An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/children-and-youth-5-17/>

Physical Literacy 101

1. "Physical Literacy Definition." International Physical Literacy Association, May 2014. Accessed August/September 2019. www.physical-literacy.org.uk/
2. ParticipACTION. "Physical Literacy Key Messages." ParticipACTION, March 2017. Accessed August/September 2019. https://participation.cdn.prismic.io/participation%2F485b7d2a-be0a-4db8-b65f-89eb7b2c8680_physical-literacy-key-messages-en.pdf
3. ParticipACTION, Sport for Life Society, the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute, Physical and Health Education Canada, Canadian Parks and Recreation Association & the Ontario Society of physical Activity Promoters in Public Health. "Canada's Physical Literacy Consensus Statement." ParticipACTION, June 2015. Accessed August/September 2019. https://participation.cdn.prismic.io/participation%2F0b2011a9-8d7a-47f3-9cd8-902b0b829a69_physical-literacy-consensus-statement-2015-en.pdf
4. ParticipACTION. "Physical Literacy Key Messages." ParticipACTION, March 2017. Accessed August/September 2019. https://participation.cdn.prismic.io/participation%2F485b7d2a-be0a-4db8-b65f-89eb7b2c8680_physical-literacy-key-messages-en.pdf
5. "How to Add the ABCs of Fundamental Movement Skills to Your Practices." Coaching Association of Canada. Accessed August/September 2019. www.coach.ca/how-to-add-the-abcs-of-fundamental-movement-skills-to-your-practices-p159392

The Importance of Sleep

1. Statistics Canada. "Directly Measured Physical Activity Of Adults, 2012 And 2013." Statistics Canada, 2015. Retrieved from [www150.Statcan.Gc.Ca/N1/Pub/82-625-X/2015001/Article/14135-eng.htm](http://www150.statcan.gc.ca/N1/Pub/82-625-X/2015001/Article/14135-eng.htm), referenced in "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
2. "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
3. ParticipACTION. "8 active summer habits worth maintaining through fall." ParticipACTION (blog). August 22, 2019. Accessed August/September 2019. www.participation.com/en-ca/blog/8-active-summer-habits-worth-maintaining-through-fall
4. "What is Good Quality Sleep?" Press Release, 2017. National Sleep Foundation. Accessed August/September 2019. www.sleepfoundation.org/press-release/what-good-quality-sleep
5. "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
6. University of Haifa. "Blue Light Emitted by Screens Damages Our Sleep, Study Suggests." ScienceDaily, August 22, 2017. www.sciencedaily.com/releases/2017/08/170822103434.htm referenced in "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
7. "How Much Sleep Do We Really Need?" National Sleep Foundation, www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need

Leading Through Physical Activity

1. Sani, Seyed Hojjat Zamani, Zahra Fathirezaie, Serge Brand, Uwe Pühse, Edith Holsboer-Trachslers, Markus Gerber, and Siavash Talepasand. "Physical Activity and Self-Esteem: Testing Direct and Indirect Relationships Associated with Psychological and Physical Mechanisms." *Neuropsychiatric Disease and Treatment* 12 (2016): 2617-25 as referenced in "Lead Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/lead-better.
2. Colzato, Lorenza., Szapora, Ayca., Pannekoek, Justine & Hommel, Bernhard. (2016). The impact of physical exercise on convergent and divergent thinking. *Frontiers in human neuroscience*, DOI: 10.3389/fnhum.2013.00824 www.ncbi.nlm.nih.gov/pmc/articles/PMC3845014/
3. Itthipuripat, Sirawaj T., Kexin T. Cha, Anna T. Byers, and John T. Serences. "Two Different Mechanisms Support Selective Attention at Different Phases of Training." *PLOS Biology* 15, no. 6 (2017) .DOI: 10.1371/journal.pbio.2001724 as referenced in "Lead Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/lead-better

4. "Lead Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/lead-better

Member Tip Sheets

Healthy Body, Healthy Mind

1. "Happy Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/happy-better
2. "Unwind Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/unwind-better
3. "Breathe Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/breathe-better
4. "Get Started." ParticipACTION, 2019. Accessed August/September 2019. <https://www.participaction.com/en-ca/programs/get-started>
5. "Exercising to Relax." Harvard Health Publishing. Harvard University, July 13, 2018. Accessed August/September 2019. www.health.harvard.edu/staying-healthy/exercising-to-relax
6. "Laugh Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/laugh-better
7. "Canadian 24-Hour Movement Guidelines for Children and Youth (Ages 5-17 Years): An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/children-and-youth-5-17/>

Get Active, Be Productive

1. Voss, M.W., Vivar, C. Kramer, A.F., & van Praag, V. "Bridging Animal And Human Models Of Exercise-Induced Brain Plasticity." Trends in Cognitive Sciences, 2013, 7(10), 525-544 referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/focus-better
2. "Think Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/think-better
3. Suzukl, W. "A neuroscientist says there's a powerful benefit to exercise that is rarely discussed." Quartz, 2016. Retrieved from <https://qz.com/592569/a-neuroscientist-says-theres-a-powerful-benefit-to-exercise-that-is-rarely-discussed/> referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/focus-better
4. Zoladz, J.A., & Pilc, A. "The effect of physical activity on the brain derived neurotrophic factor: from animal to human studies." Journal of Physiology & Pharmacology, 2010, 61(5), 533-541 referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/focus-better
5. Goodman, H. "Regular Exercise Changes The Brain To Improve Memory, Thinking Skills." Harvard Medical School, 2018. Retrieved from www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110 referenced in "Learn Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/learn-better
6. Ibid.
7. Ibid.
8. Friedman, R. "Regular Exercise is Part of Your Job." Harvard Business Review, 2014. Retrieved from <https://hbr.org/2014/10/regular-exercise-is-part-of-your-job> referenced in "Focus Better." ParticipACTION, 2019. Accessed August/September 2019. www.participaction.com/en-ca/everything-better/focus-better
9. "Canadian 24-Hour Movement Guidelines for Children and Youth (Ages 5-17 Years): An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/children-and-youth-5-17/>

Taking Control of your Physical Literacy

1. "Physical Literacy Definition." International Physical Literacy Association, May 2014. Accessed August/September 2019. www.physical-literacy.org.uk/
2. ParticipACTION. "Physical Literacy Key Messages." ParticipACTION, March 2017. Accessed August/September 2019. https://participaction.cdn.prismic.io/participaction%2F485b7d2a-be0a-4db8-b65f-89eb7b2c8680_physical-literacy-key-messages-en.pdf
3. ParticipACTION, Sport for Life Society, the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute, Physical and Health Education Canada, Canadian Parks and Recreation Association & the Ontario Society of physical Activity Promoters in Public Health. "Canada's Physical Literacy Consensus Statement." ParticipACTION, June 2015. Accessed August/September 2019. https://participaction.cdn.prismic.io/participaction%2F0b2011a9-8d7a-47f3-9cd8-902b0b829a69_physical-literacy-consensus-statement-2015-en.pdf
4. ParticipACTION. "Physical Literacy Key Messages." ParticipACTION, March 2017. Accessed August/September 2019. https://participaction.cdn.prismic.io/participaction%2F485b7d2a-be0a-4db8-b65f-89eb7b2c8680_physical-literacy-key-messages-en.pdf

5. "How to Add the ABCs of Fundamental Movement Skills to Your Practices." Coaching Association of Canada. Accessed August/September 2019. www.coach.ca/how-to-add-the-abcs-of-fundamental-movement-skills-to-your-practices-p159392

The Importance of Sleep

1. Statistics Canada. "Directly Measured Physical Activity Of Adults, 2012 And 2013." Statistics Canada, 2015. Retrieved from www150.statcan.gc.ca/N1/pub/82-625-x/2015001/article/14135-eng.htm, referenced in "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
2. "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
3. ParticipACTION. "8 active summer habits worth maintaining through fall." ParticipACTION (blog). August 22, 2019. Accessed August/September 2019. www.participation.com/en-ca/blog/8-active-summer-habits-worth-maintaining-through-fall
4. "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
5. University of Haifa. "Blue Light Emitted by Screens Damages Our Sleep, Study Suggests." ScienceDaily, August 22, 2017. www.sciencedaily.com/releases/2017/08/170822103434.htm referenced in "Sleep Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/sleep-better
6. National Sleep Foundation. "What is Good Quality Sleep?" Press Release, 2017. National Sleep Foundation. Accessed August/September 2019. www.sleepfoundation.org/press-release/what-good-quality-sleep
7. "How Much Sleep Do We Really Need?" National Sleep Foundation, www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need

Leading Through Physical Activity

1. Sani, Seyed Hojjat Zamani, Zahra Fathirezaie, Serge Brand, Uwe Pühse, Edith Holsboer-Trachsler, Markus Gerber, and Siavash Talepasand. "Physical Activity and Self-Esteem: Testing Direct and Indirect Relationships Associated with Psychological and Physical Mechanisms." *Neuropsychiatric Disease and Treatment* 12 (2016): 2617-25 as referenced in "Lead Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/lead-better.
2. Colzato, Lorenza., Szapora, Ayca., Pannekoek, Justine & Hommel, Bernhard. (2016). The impact of physical exercise on convergent and divergent thinking. *Frontiers in human neuroscience*, DOI: 10.3389/fnhum.2013.00824 www.ncbi.nlm.nih.gov/pmc/articles/PMC3845014/
3. Itthipuripat, Sirawaj T., Kexin T. Cha, Anna T. Byers, and John T. Serences. "Two Different Mechanisms Support Selective Attention at Different Phases of Training." *PLOS Biology* 15, no. 6 (2017). DOI: 10.1371/journal.pbio.2001724 as referenced in "Lead Better." ParticipACTION, 2019. Accessed August/September 2019. www.participation.com/en-ca/everything-better/lead-better
4. "Canadian 24-Hour Movement Guidelines for Children and Youth (Ages 5-17 Years): An Integration of Physical Activity, Sedentary Behaviour and Sleep." CSEP. The Canadian Society for Exercise Physiology, June 2016. <https://csepguidelines.ca/children-and-youth-5-17/>

Notes
