

REFERENCES

- Janssen I. Physical activity guidelines for children and youth. *Can J Public Health*.2007;98:S109-S121.
- CDC:
 - <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
 - <http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>
- Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. (2005). *Circulation*, 112, 2061-2075.
- Lee I, Buchner D. The importance of walking to public health. *Med Sci Sport Exer*.2008;40:S512-S518.
- Behavioral Risk Factor Surveillance System. Texas department of State Health Services. http://www.dshs.state.tx.us/chs/brfss/query/brfss_form.shtm. Accessed on December 1, 2008.
- Data and Statistics. World Health Organization. <http://www.who.org>. Accessed on December 1, 2008.