In Canada, South Asian (SA) children have lower levels of moderate to vigorous physical activity (MVPA) compared to other ethnicities. Additionally, South Asian children are accumulating more sedentary time than non-South Asian children. These risk factors lead to greater onset risk of metabolic disease including cardiovascular disease for SA adults at a younger age. Children’s physical activity levels vary by time and frequency with differences in weekday versus weekend levels of MVPA being shown in previous studies. However, predictors of physical activity (PA) change in weekdays compared to weekends and PA intensity are rarely investigated and has yet to be studied in Canada. The aim of this study was to objectively assess weekend versus weekday MVPA levels of SA children in Canada aged 7-11 years old using accelerometers. Correlations with MVPA investigated are Socioeconomic status, gender and age. Data was evaluated from 172 children who wore accelerometer for 7 days to measure physical activity. The accelerometer had to be worn for 10 hours a day for a minimum of three total days with at least one weekend day to be eligible. Using a paired t-test higher levels of MVPA activity was seen on weekdays compared to weekends (p<0.0001). There were significant differences between sex and total MVPA levels (p<0.0001). The only group to meet the Canadian 24-hour movement guidelines of MVPA recommending 60 minutes/day were males on weekdays. Interventions targeted at weekends and females within cultural context common to each city are recommended.

Themes:

Check (highlight) the most applicable theme according to the abstract.

<table>
<thead>
<tr>
<th>Innovation and Technology</th>
<th>Health and Wellness</th>
<th>Culture and Society</th>
<th>Sustainability and Conservation</th>
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Comments:

Please locate or cite the statements made in background section at the beginning of the abstract. Consider including more information to support the recommendation made in the final sentences. Include and acknowledge the possible limitations of this study’s methods and consider how the assumption that promoting physical activity to the demographic highlighted by your study as having highest sedentary trends may be impacted by circumstances outside of what could be assessed through this methodology.