

October
2010

- The project leaders determined the scope and purpose of the project and identified key sources of evidence upon which to base the recommendations for messaging.

November
2010

- A two-day meeting was held. Five workgroups (child, youth, adult, and older adult, and overarching message) reviewed and discussed evidence for creating messages supplementing the new CPAG and determined the populations that should be targeted by these messages.
- Within one week of the meeting, a document summarizing each groups' recommendations and the evidence-base supporting each of these recommendations was prepared by the first author and graduate student delegates who attended the meeting (available on the CSEP website).

January
2011

- The New Canadian Physical Activity Guidelines were released nationally.

May 2011

- The recommendation report prepared following the meeting was reviewed thoroughly by the workgroup experts.

January
2012

- 81 end users reviewed the recommendations and provided feedback.