The scientists in this study were interested in how much time kids spend outdoors. Spending time outdoors may also help people develop an appreciation for nature and conservation.

Some scientists believe that spending time outdoors may help people be healthier. Studies have shown that outdoor physical activities are especially important for kids trying to maintain an active and healthy lifestyle.

The researchers wondered how much media use affects the amount of time kids spend outdoors. Hiking is one way to explore the great outdoors and build physical strength.

A person acting on behalf of another is called a proxy. Many of the boys and girls surveyed spent at least 4 hours per day outdoors on the weekend. Older kids used electronic devices outdoors more than younger kids. Girls were more likely to be outdoors reading or studying.

The results of the National Kids Survey suggest that kids go outdoors more than some people believe. Older kids participate in outdoor recreation activities less than younger kids.

The scientists suggest that recreation professionals could encourage older kids to spend time outdoors through programs that focus on social interaction. Encourage that professionals recreation suggest the scientists.