

A publication of Fitness for Youth

Exercise the Blues Away

Regular exercise decreased anxiety and depression in college students, according to a recent study, and continued to show benefits for up to seven years for those who continued to exercise. While the study didn't look at younger children, there is no reason to believe the results wouldn't be similar.



Healthlines, U of M, January 1996

Head Sense



Bicycle helmets have been shown to reduce the risk of head injury by 85% and the risk of brain injury by almost 90%.

MEMSPA Newsletter, February 1996

Ha, Ha, Ha... Row, Row, Row

Laughing 100 times is the physiological equivalent of working out on a rowing machine for 10 minutes, says a Stanford University psychiatrist.

Fitness Products Council Letter, July/August, 1996



Sick of Stress

Some kids are more biologically sensitive to stress. . .it literally makes them sick. Physical changes (such as an increase in heart rate and blood pressure or a decrease in immune function) undermine the body's resistance to disease. The good news? Key stress factors are school or home environments—these are things we can change and control.

UCSF News, September 21, 1995

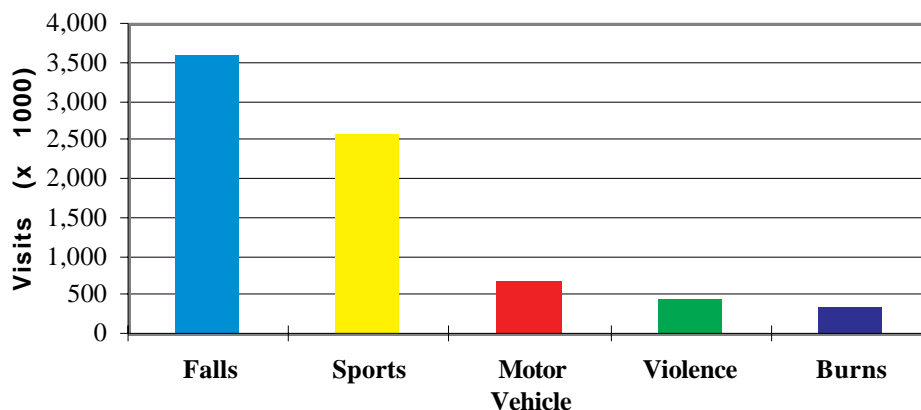
Tid Bit

The best product to whiten leather tennis shoes?
Shaving cream

SOMETHING TO PONDER

Equip for Safety—Educate

Emergency Room Visits for Childhood Injuries, U.S., 1985



April: National Youth Sports Safety Month

National Youth Sports Safety Foundation

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