

THE FIT MIND BODY *Bulletin*



A publication of Fitness for Youth

Child Runners

Children under 14 should not run more than three miles in training or competition. Because of the specialized growth cartilage in their extremities and spine, young children are susceptible to overuse injury.

Runner's World, May 1994

Team or TV?

Teen girls who don't play team sports competitively tend not to be active at all. By age 18, only 30% of girls were active three days a week, compared with nearly half of boys, say researchers at the University of Massachusetts. Options of noncompetitive activity are needed for these girls, such as dance.

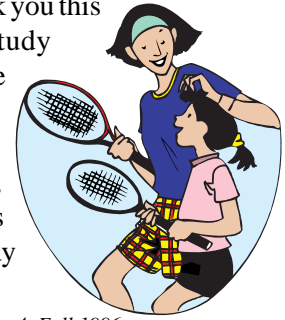
Associated Press, Jackson Citizen Patriot, March 19, 1997

Just Out

1. *Physical Activity and Sport in the Lives of Girls.* A report by the President's Council on Physical Fitness, Health and Sports. For info, call 202-272-3421.
2. *CDC's Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People.* Call toll free (888) CDC-4NRG.

Mother's Day

Moms should get an extra thank you this Mother's Day. A recent study showed that more Moms are supporting and encouraging their girls to participate in sports than ever before. In ten years, "sport interest" among Moms grew from 51.6% to 74.3%. Way to go, Moms!



Physical Activity Today, Vol. 2, No. 4, Fall 1996

Kid Bit

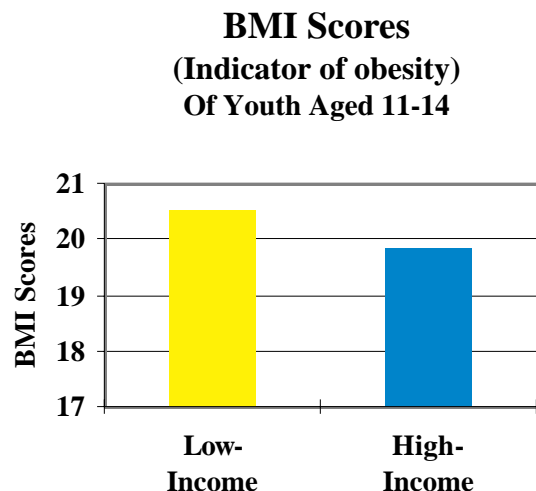
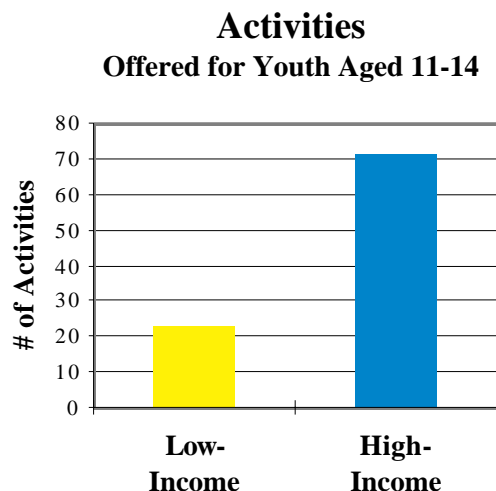


220 Los Angeles high school students last year earned a varsity letter in comedy.

Harper's Magazine, September 1996

SOMETHING TO PONDER

Are These Related?



Sports Medicine Bulletin, Vol. 32, No. 1, 1997

Kuntzleman, et al., study on socioeconomic status and BMI, 1996 unpublished