

A publication of Fitness for Youth

Exercise + Youth = Wellness

Vigorous physical activity by children:

- counteracts major risk factors of heart disease;
- improves muscular strength, flexibility and endurance;
- helps relieve tension and anxiety;
- increases self-esteem and self-confidence.



National Association for Sports & Physical Education, Reston, VA, n.d.

The Beat (Needs to) Go On

Most physical education classes do not keep the heart rate at a high enough level for an adequate amount of time to increase cardiovascular fitness.

Research Quarterly for Exercise and Sport, March 1996



All in the Family

Children of parents who both exercise are almost six times more likely to be active than children whose parents are both sedentary.

American Health, July/August 1995

Count Laps, Not Sheep

Want to sleep better? Exercise more! Studies at Stanford and Washington Universities found that people who exercised three to four days a week for 30 to 40 minutes fell asleep faster, slept longer and deeper and woke up less often during the night.



Fitness Products Council Letter, March/April 1997

.....Kid Bit.....

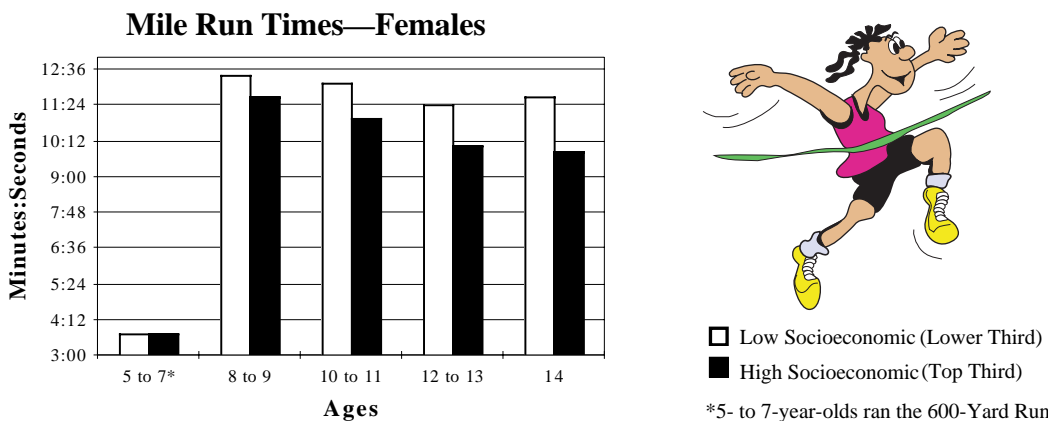
Thirty-nine gallons of chewing gum are scraped off the Statue of Liberty each year.

Harper's Magazine, July 1996



SOMETHING TO PONDER

The Growing Fitness Gap



Kuntzleman, et al., study on socioeconomic status and mile run times, 1997 unpublished

