

Empowering young people to become fit and adopt healthy lifestyles and outlook on life . . . now and in the future.

A publication of Fitness for Youth

The bad, the good, the muscles

The bad news:

- Around 20% of American youth complain about back pain.

The good news:

- Proper posture and good body mechanics keep backs healthy and free of pain.

The key to proper posture and body mechanics:

- Adequate strength and endurance of the back and abdominal muscles.

Mayo Clinic Proceedings, Nov. 1996 / Vitality, May 1994



Spare the rod—reward the child

Researchers recently found that rewarding sedentary children for being active works better than punishing them for being inactive. A possible reason why—rewards make children feel good about themselves and the activity they received the award for. Punishment decreases motivation even more.

ACSM's Health & Fitness Journal, May/June 1997

Music soothes the exerting soul

Upbeat music can help you exercise longer and harder. A recent Louisiana Tech University study found that people exercising to music rated their exertion levels as much lower than those who performed identical exercises to a metronome.

ACE Fitness Matters, Nov./Dec. 1996



Kid Bit

You can't buy ice cream after 6 p.m. in Newark, NJ, unless your doctor gives you a note saying it's OK.

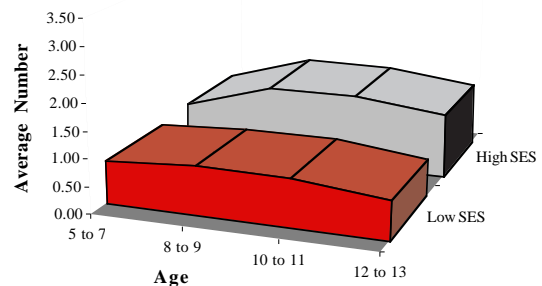
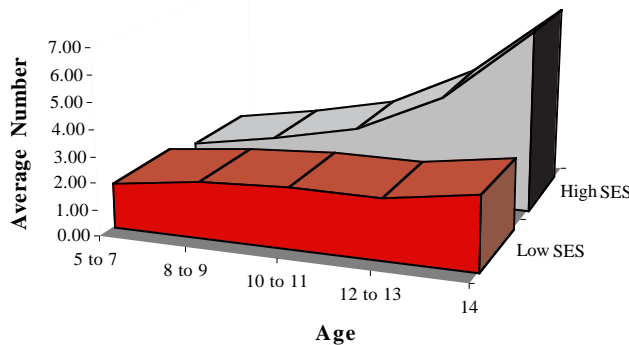
Kid's Almanac



SOMETHING TO PONDER

The Privileged "Pull" Ahead

(Number of pull-ups based on socioeconomic status)



MALES

FEMALES

Kuntzleman, et al., study on socioeconomic status and pull-ups, 1997 unpublished