

A publication of Fitness for Youth

## Teen exercise builds strong bones

Osteoporosis affects about one out of every eleven people in the United States and is the number one reason why adults are admitted to nursing homes. While doctors cannot cure this debilitating bone disease, encouraging adolescents to be active can do much to prevent it. One study found that those who participated in high school athletics possessed better bone mineral density (and reduced risk of the disease) than those who did not.



*Journal of Medicine and Science in Sports and Exercise, 1996*

## Sport lifts spirit

Record numbers of teenagers now suffer from low self-esteem. One way to lessen this problem? Encourage physical activity! Research shows that participation in sport and other physical activity can significantly improve a teen's self-image.

*American Council on Exercise, Research Matters, November/December 1997*

## Weight doesn't go up in smoke

Many teenagers believe smoking will help them lose weight. They're wrong. A recent study at the University of Memphis concluded that smoking teens were just as likely to gain weight as non-smoking ones. In fact, the more the study participants smoked, the more likely they were to gain weight.

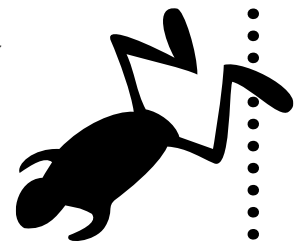


*Society of Behavioral Medicine Annual Meeting, 1997*

## Kid Bit

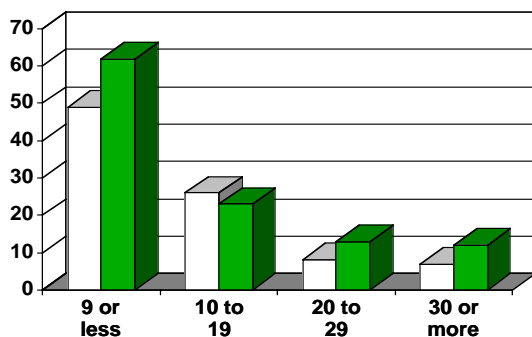
It's against the law for frogs to croak after 11:00 p.m. in Memphis, TN.

*Kid's Almanac*



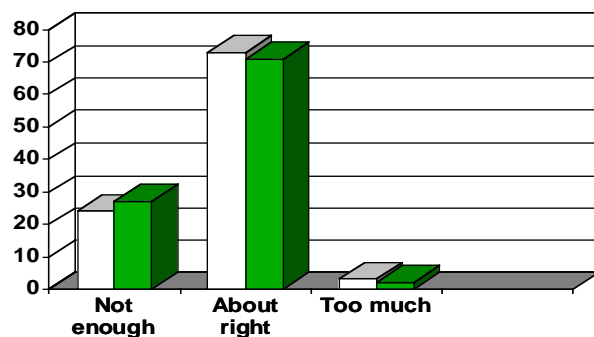
## SOMETHING TO PONDER

# Kids and Exercise



Physical activity  
Hours per week

□ Boys  
■ Girls



Are you exercising enough?

*Louis Harris and Associates poll for the International Life Sciences Institute*