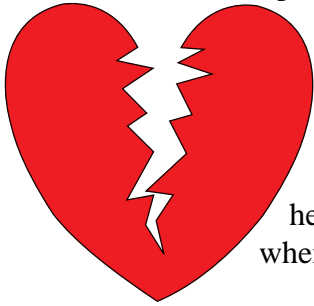


# THE FIT MIND BODY *Bulletin*

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A publication of Fitness for Youth

## Heart disease—a family matter



Children of parents with early heart disease are twice as likely to be obese than those whose folks do not have any heart problems. Their obesity places these children at high risk of experiencing the same health problems as their parents when they are older.

*Healthlines, January 1998*

## Slim girls prove more popular

Kids have their own biases about weight. A recent survey of 9- and 10-year-old girls found that heavy girls were almost always less popular than their slim counterparts. Experts believe hopes of increased popularity are often the cause of unhealthy dieting among adolescent females. Many mothers increase the problem by encouraging their slightly overweight daughters to lose weight.

*ACE Research Matters, Vol. 3, Issue 6*

## Spot reducing reduces little

Making that overweight student of yours do 50 sit-ups a day will do little to reduce his or her gut. A University of Massachusetts study found males who did 5,000 sit-ups over 27 days lost basically no fat around their abs. Encourage your students to do aerobic-type exercise instead. A 200-pound person can shed 14 pounds during the course of a year by walking a mile and a half a day.

*Wellness Made Easy from the Berkeley Wellness Letter*

## .....Kid Bit

Overweight guys list steak, ice cream and cookies/cake as their three favorite foods.

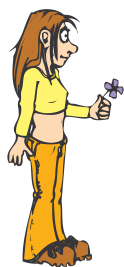
*-Family Circle*



## SOMETHING TO PONDER

### The Fattening of America

(Percentage of youth exceeding the Obesity Marker's 95th percentile)



1970

- 3.9% of males
- 4.3% of females



1980

- 6.5% of males
- 5.5% of females



1990

- 11.4% of males
- 9.9% of females



2000

*Troiano and Flegal, Pediatrics, Vol. 101, No. 3, March 1998*

Shaping America's Future