

A publication of Fitness for Youth



Women Lead Fitness Boom

Remember the bad old days when fitness and sport were thought to be unladylike activities? A recent survey shows they are long gone. In fact, women today are more likely to exercise than men. Females make up 53% of all frequent exercisers and 56% of all health club members.

-Fitness Products Council

Smoking: A Real Heart Breaker

While fewer women die from heart attacks than men, research suggests smoking may narrow this gap significantly. A recent study originating in Denmark found that women who begin smoking increase their risk of heart disease twice as much as men who start. Need a good way to keep your students from lighting up? Encourage them to play sports. Teens who do are significantly less likely to try smoking than those who do not.

-Berkeley Wellness Letter, Prevention Report

Preteens Diet in Record Numbers

The starting age for dieting just keeps dropping. An amazing 80% of 10- and 11-year-old girls have already tried to lose weight by dieting at least once. How can you help stop this trend? Be sensitive to female students' low body image by not making derogatory remarks about their weight or encouraging them to drop a few pounds.

-Detroit Free Press

Kid Bit

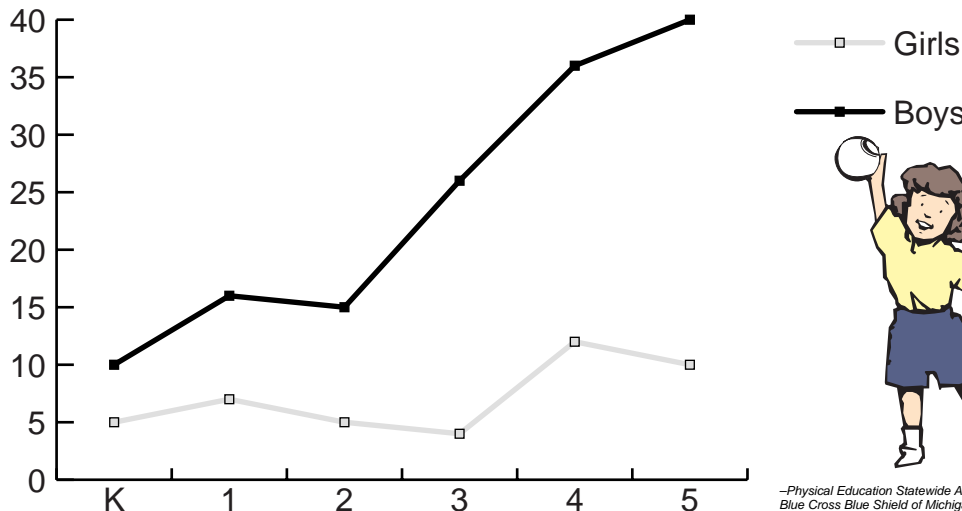
86% of women executives at Fortune 500 companies played sports as youngsters.

-ACE FitnessMatters



SOMETHING TO PONDER

Percent of Girls and Boys Doing the Overhand Throw Correctly



-Physical Education Statewide Assessment Initiative sponsored by Blue Cross Blue Shield of Michigan and the University of Michigan