

THE FIT MIND BODY *Bulletin*

November 1998; Vol. 6, No. 3

A publication of Fitness for Youth

One-third live in poverty

One in three American children spend at least one year in poverty by age 16.

-Poverty Matters

Exercise a Luxury?

Being physically active often seems out of reach to kids from poorer families. Why?



- Participation in and transportation costs to sport leagues are too expensive.
- Many of them have to watch younger siblings or find a job to help ends meet.
- They are less likely to receive quality physical

education and athletic training.

- They cannot afford health club memberships, exercise machines and equipment.

-Sport and Physical Activity in the Lives of Girls

Good, Cheap Food

Eating nutritious foods does not have to be a privilege only wealthy Americans can afford.

Many inexpensive foods are also highly nutritious. Rice, bananas, carrots, dried beans, potatoes and whole-wheat flour are all both inexpensive and essential parts to a high-fiber, low-fat diet.

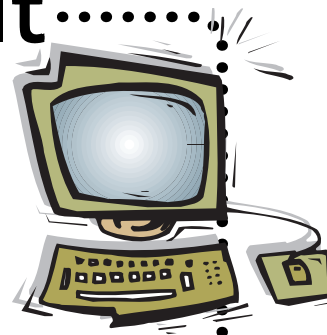


-Berkeley Wellness Letter

Kid Bit

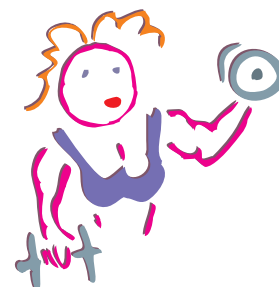
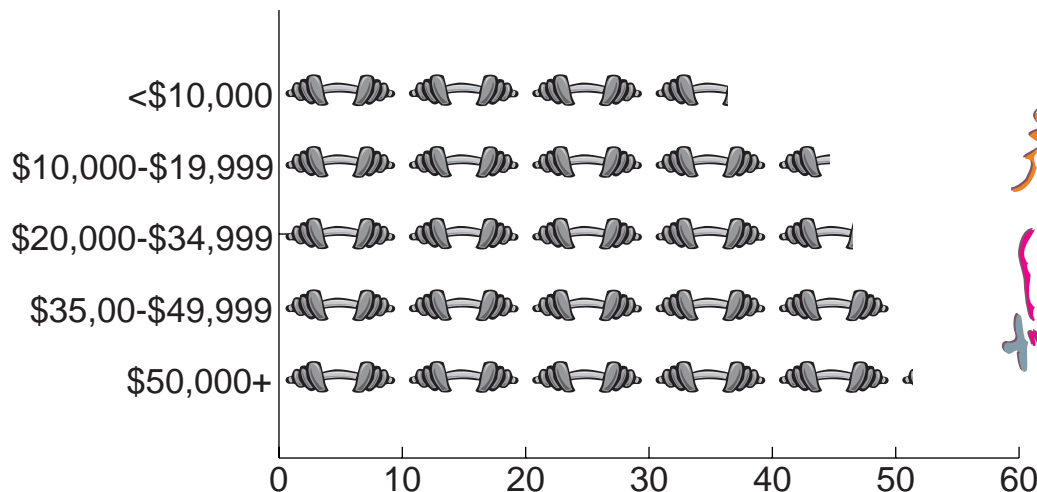
Less than 1% of the world's population can afford a computer.

(Ask your students how many of them own a computer.)



SOMETHING TO PONDER

Percent of Youth by Family Income Participating in Regular Strength Training



-Centers for Disease Control and Prevention, National Center for Health Statics, 1992