

THE FIT MIND BODY *Bulletin*

A publication of Fitness for Youth

Define "Activity"

In a national survey of youth, 98% of teens said they participated in at least one physical activity per week. However, housecleaning and yard work were the most frequently mentioned "physical activities."



Health-Risk Behaviors Among Our Nation's Youth: United States, 1992, CDC, US Department of Health and Human Services.



A Sports Short

Sports participation may help girls see themselves as strong and independent, show the results from a recent study. These qualities

may not emerge with other activities. However, only 25% of females participate in vigorous activity 3 or more days per week (according to a 1990 survey).

Physical Activity Today. Spring, 1996

The Up Shot

School-based programs have had consistently strong effects on increasing physical activity in elementary school students when the physical education program delivers moderate-to-vigorous physical activity.

Physical Activity and Health; A Report of the Surgeon General, 1996

Coaches Training?

Of U.S. coaches, 90% have never taken classes designed to enhance their knowledge of the sports they coach. Many have never learned the principles for coaching either.

Your Child's Fitness: Practical Advice for Parents, Susan Kalish, 1996

Kid Bits

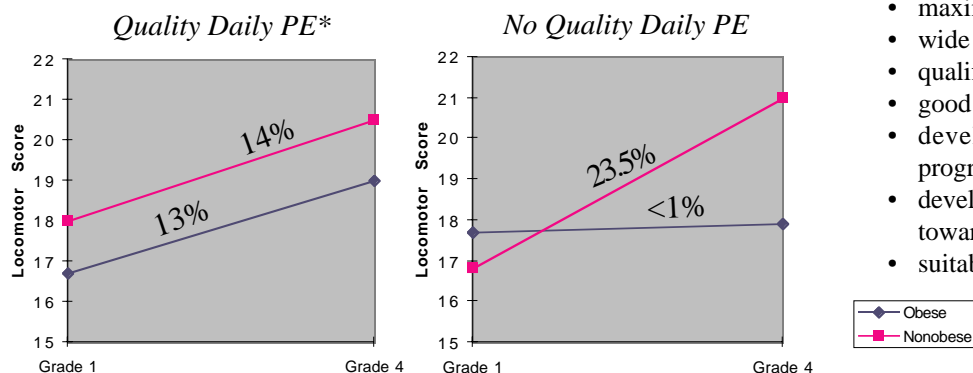
Almost none of the boys who participate in the Little League World Series play baseball as adults. Many become completely sedentary.

Your Child's Fitness: Practical Advice for Parents, Susan Kalish, 1996

SOMETHING TO PONDER

Our observation: In quality physical education, all children benefit equally. In non-quality physical education, the non-obese become the elite. Your thoughts?

Locomotor scores obtained by non-obese and obese children in each physical education program



Marshall, J.D. and Bouffard, M. Obesity and movement competency in children. Adapted from Physical Activity Quarterly, 1994.