



FACTS ABOUT KIDS ACTIVITY PATTERNS

Did you know that?

- Fewer than one in four children get 20 minutes of vigorous physical activity per week, and less than one in four get at least 30 minutes of physical activity per day.
- Participation in all types of physical activity declines as age or grade in school increases.
- Only 8 percent of elementary schools, 6 percent of middle/junior high schools and 6 percent of senior high schools provided *daily* physical education during the school year.

Please visit the following Web sites for more information...

EASY WAYS TO KEEP KIDS ACTIVE

Centers for Disease Control and Prevention – Adolescent & School Health

www.cdc.gov/nccdphp/dash/physicalactivity/publications.htm

Download publications on physical activity, including brochures with motivating messages and specific activity ideas for home, school and the community.

Kidnetic

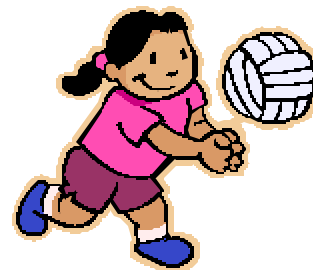
<http://www.kidnetic.com>

Kidnetic delivers the “get out and play” message to 9- to 12-year-old kids. It not only tells kids about physical activity, but also encourages them to get moving with interactive activities.

President's Council on Physical Fitness and Sports

<http://www.fitness.gov>

Visit this site to access physical activity and health information.



TV-Turnoff Network

<http://www.tvfa.org>

TV-Turnoff Network encourages children and adults to watch much less television in order to promote healthier lives and communities. Visit this site for information about TV-Turnoff Week, facts, figures and screen-free activities.



VERB: It's What You Do

<http://www.verbnow.com>

VERB provides 9 to 13 year olds with opportunities and access to fun, physically inspiring events and activities.

<http://www.verbparents.com>

The VERB site for parents provides activities for the entire family.