

Physical Activity

Physical activity is defined as any bodily movement produced by skeletal muscle contraction resulting in energy expenditure, i.e., walking, sports, and dance (Corbin, Pangrazi, & Franks, 2000).

Facts

- * Nearly half of young people aged 12-21 are not vigorously active on a regular basis
- * Physical activity declines dramatically with age during adolescence
- * Female adolescents are much less physically active than male adolescents

There are 1440 minutes in every day... Schedule 30 of them for physical activity

Source: Centers for Disease Control and Prevention (CDC)

What are the benefits?

Physical activity provides a way to share fun activities with family and friends

Regular physical activity:

- helps build and maintain healthy bones, muscles and joints
- helps control weight, builds lean muscle and reduces body fat.
- reduces the risk of developing or dying from some of the leading causes of illness and death in the United States
- promotes psychological well-being (increases self-confidence and self-esteem)

Guidelines for Physical Activity

Being fit early in life can prevent high blood pressure, heart disease and related problems (Journal of American Medical Association, Dec 2003)

Children aged 5-12:

- ✓ Should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week
- ✓ Should participate in several bouts of physical activity lasting 15 minutes or more each day
- ✓ Should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits
- x Extended periods (periods of two hours or more) of inactivity are discouraged for children especially during the daytime hours

Source: Corbin, C.B., & Pangrazi, R.P. (2003). *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12*. National Association for Sport and Physical Education (NASPE). NASPE Publications.

When children see others engaged in activities that look fun and stimulating, they want to join in

Adolescents should:

- ✓ Engage in three or more sessions per week of activities that last 20 minutes or more at a time and that require moderate to vigorous levels of exertion.
- ✓ Be physically active daily, or nearly every day, as part of play, games, sports, work, transportation, recreation, physical education, or planned exercise, in the context of family, school, and community activities.

Recommended physical activity guidelines for adults include:

- ✓ at least 30 minutes of moderate-intensity physical activities on 5 or more days per week, OR
- ✓ at least 20 minutes of vigorous-intensity physical activity on 3 or more days per week

Over 50% of U.S. adults do not achieve recommended levels of daily physical activity (CDC: Preventing Heart Disease and Stroke, At A Glance; 2001)

Source: Centers for Disease Control and Prevention (CDC)

For more information:

Be Physically Active Each Day

<http://www.healthierus.gov/exercise.html>

Physical Activity Strategic Plan

<http://www.hs.state.az.us/phs/healthyaz2010/physical.htm>

Physical Activity Tips – Energize Your Life!

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>