

July 2001

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COUNCIL CONTACT INFORMATION

The President's Challenge is a program of the President's Council on Physical Fitness and Sports. You can reach the Council by calling 202.690.9000. Check out the website at <http://www.fitness.gov>.

EXCITING PROGRAM ANNOUNCEMENT

NEW Award This Fall! The Presidents Challenge is proud to announce the new Presidential Active Lifestyle Award (PALA). This award will be offered starting with the 2001-2002 school year. Information describing the award will be available on our website and in the brochure, which will be available in mid-August. The PALA will recognize youth who are physically active at least one hour a day, five days a week for six weeks. This new award means that youth now have the opportunity to earn one of five different awards with the President's Challenge Program. These awards will be offered via three distinct program areas. Those areas are:

Program:	Award(s):
Active Lifestyle	The Presidential Active Lifestyle Award (PALA)
Physical Fitness	The Presidential (PPFA), National (NPFA), and Participant (PA) Physical Fitness Awards
Health Fitness	The Health Fitness Award (HFA)

New Look, New Name! Starting with the 2001-2002 school year the President's Challenge Physical Fitness Program will change its name to the President's Challenge Physical Activity and Fitness Awards Program. This name change is being made in order to incorporate all three program areas of the President's Challenge, including the new Presidential Active Lifestyle Award (PALA).

Look for more information about the PALA in upcoming issues of fitnessisfun and on the President's Challenge website.

HEALTH RISK STUDY

A recently released study conducted by the RAND Institute in Santa Monica indicates that obesity may be a greater health risk than many traditionally targeted risks such as smoking, heavy drinking, and living in poverty. Obese adults report a slightly higher incidence of

chronic health problems than people living below the poverty line and a much higher incidence than both daily smokers and heavy drinkers. Also included in the study is the percentage of Americans that are overweight to some extent. It is currently being calculated at 59 percent. The study results have been published in the British journal Public Health.

UP-COMING CONVENTIONS EXHIBITING THE PRESIDENT'S CHALLENGE:

National Council of La Raza (NCLR)

Visit: <http://www.nclr.org>

Milwaukee, WI 14-17 July

National Recreation and Park Association (NRPA)

Visit: <http://www.activeparks.org>

Denver, CO 03-06 Oct

FEEDBACK

We would love to hear from you. If you have any topics that you would like to see addressed in fitnessisfun or any comments on this list please let us know. You can provide them by emailing us at preschal@indiana.edu.