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NEWS BITS FROM THE PCPFS

May is National Physical Fitness and Sports Month. Celebrate May by adopting and maintaining a physically active lifestyle. Choose a fun activity and just get out and do it!!! You'll feel better and your body will thank you for it.

Employee Health and Fitness Day is May 16, visit www.physicalfitness.org for more information on how you can participate.

It's never too soon to prepare for Walk to School Day, which will be celebrated this year on October 2.

If you haven't already done so, please visit the PCPFS website at www.fitness.gov for additional information and updates.

RUSH SEASON REMINDER

It is getting busier and busier around the President's Challenge office as orders for Spring award ceremonies continue to increase our normal volume. Don't forget that our shipping guarantee is 18 calendar days from the receipt of the order in our office. Opting to pay the rush charge will ensure that you receive your package within 4 business days. The charge is \$25.00 or 25% of your subtotal, whichever is greater. The earlier you place your order, the faster you will get it!

PROPOSED CHANGES FOR THIS FALL

Along with many other exciting changes to the President's Challenge in the Fall of 2001, is a change for the mile run. Those participants ages 6-9 will no longer run the mile run as part of the President's Challenge. Rather, those age groups will be required to run the quarter mile and half-mile runs for the 6-7 and 8-9 year-old age groups respectively. Currently these distances serve as optional items but

will become the norm starting this fall. You can start to get your kids ready for this change by performing these events this spring as either an optional event or as your requirement.

SGMA REPORT ON YOUTH SPORTS

NORTH PALM BEACH, FLORIDA, May 1, 2001: Parents are giving "two thumbs up" to organized youth sports. That's the conclusion of a newly published report sponsored by the Sporting Goods Manufacturers Association (SGMA) and conducted by American Sports Data, Inc. According to Organized Youth Team Sports Participation in the U.S., the vast majority of parents agree that participation in organized youth sports generates "improved physical fitness, personal growth, more wholesome lifestyles, good moral behavior, and healthier eating habits."

In keeping with other conclusions drawn from the report, parents are overwhelmingly in favor of other attributes of organized youth sports, i.e. children's progress in acquiring skills, behavior of fellow parents/other spectators, general sportsmanship of players, coaching/teaching skills, quality of officiating, and league communication with parents. Also, the highest satisfaction ratings on youth sports participation came from parents whose children were members of nationally sanctioned youth sport organizations.

In addition to analyzing participation of 6-17-year-old boys and girls in 18 organized team sports, the study also measured specific parental attitudes regarding baseball, basketball, football and soccer. Mere percentage points separated the four-team sports in all answers, yet:

- * Basketball is the most fun to play.
- * Soccer requires the most stamina.
- * Baseball has the highest rate of parental involvement.
- * Football is a sport where coaching is deemed the most important.

For more information you can visit their website at www.sgma.com

SPRING INTO ACTION

As the weather begins to warm up this spring, head outside and get active! By yourself or in a group hit the trails for a walk or run, ride a bike, go rollerblading, throw the frisbee, shoot some hoops, play some tennis, swing the golf club. Get creative and get moving!

ALARMING DATA RELEASE

The Surgeon General has released some important but disturbing data regarding teenage girls and smoking. The incidence of smoking among girls in this age group has dramatically increased in recent years, and research shows that most adults that smoke started in their youth. To

read an article detailing these findings, link to:
<http://www.cnn.com/2001/HEALTH/03/27/women.smoking.02/index.html>.

UP-COMING CONVENTIONS
EXHIBITING THE PRESIDENT'S CHALLENGE:

National Council of La Raza (NCLR)
Visit: www.nclr.org
Milwaukee, WI 14-17 July

National Recreation and Park Association (NRPA)
Visit: 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.