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PCPFS FAST NOTES

Executive Director of the PCPFS, Lisa Oliphant, shares her experience at the Salt Lake City Olympics and encourages all Americans to enhance their personal fitness regimen. Her monthly Fast Notes can be viewed in full on the PCPFS website, <http://www.fitness.gov>.

CHALLENGE SPRING MAILER

The President's Challenge program spring mailer is on its way as we speak. We hope that this gentle reminder will encourage all of you to give students an opportunity to earn Presidential recognition for their physical activity and fitness accomplishments.

SUPPORT ACES

All Children Exercising Simultaneously (ACES) will be celebrated on Wednesday, May 1 this year. For additional information please visit <http://www.projectaces.com>.

WORLD HEALTH DAY

April 7th has been designated World Health Day. The theme for this year is Move for Health.

NATIONAL PHYSICAL FITNESS & SPORTS MONTH

May, National Physical Fitness & Sports Month is fast approaching. The

PCPFS website will be highlighting activities for schools, communities, businesses, and others. Help your community become more fit and active!

CHALLENGE UPDATE FOR THIS FALL

Some new items are being planned for this fall. Adults will be urged to earn a PAAL (Presidential Adult Active Lifestyle award) to the PALA (Presidential Active Lifestyle Award). Even more opportunities to bring state recognition to model physical activity and fitness demonstration center schools will be made available for next school year. Stay tuned for details!

YOUR STATE SHOULD BE NEXT

Beginning with the 2002-2003 school year, physical education will be required in the state of Texas. The Texas legislature just passed a bill that will require schools to offer a minimum of 30 minutes a day, or 135 minutes per week, of physical education. This applies to grades 1-6, and full day kindergarten. The good news is your state might be next! For more information about this legislation in Texas visit the Texas Alliance for Health, Physical Education, Recreation and Dance website at <http://www.tahperd.org>.

Also, a bill mandating physical education in public schools passed the Oklahoma Senate on Monday. Sen. Bernest Cain, D-Oklahoma City, said his bill also would prohibit snack vending machines in grade schools. Cain said there had been an increase in obesity among children in recent years and the causes included unhealthy diets and lack of exercise. His bill would mandate physical education activity from grade school to high school. It passed by a 28-19 margin and now goes to the House for consideration.

NRPA JOINS THE FIGHT

The PCPFS, NHLBI, CDC & ODPHP teamed up with the National Recreation and Park Association (NRPA) to form a strategic alliance to encourage active lifestyles through a Memorandum of Understanding (MOU). This MOU guarantees that each organization will promote community-based health education and activity programs aimed at increasing physical activity and reducing overweight and obesity. For more info visit <http://www.fitness.gov> or http://www.nrpa.org/story.cfm?story_id=924&departmentid=15&publicationID=11.

NATIONAL CENTER ON PHYSICAL ACTIVITY & DISABILITY

Are you interested in disability, physical activity, or both? Then YOU

need to know about the National Center on Physical Activity & Disability (NCPAD). NCPAD is a FREE resource dedicated to promoting healthy, active lifestyles for the more than 54 million Americans who have some type of disability. NCPAD is THE premier site for finding information and resources about physical activity and disability. For more information visit their website at <http://www.ncpad.org>.

NATIONAL WALK TO SCHOOL DAY

Mark you calendars now for National Walk to School Day October 2, 2002. For more information on how to participate visit <http://www.walktoschool-usa.org/>.

MOST COMMON SPORTS INJURY

It is estimated that 27,000 Americans a day sprain an ankle, making it the most common sports injury. Wearing ankle braces can help prevent initial sprains in young athletes, who are particularly susceptible to this type of injury, up to 40% of which lead to repeated sprains and increased risk of chronic pain. At home muscle training can also prevent sprains or aid in the recovery of these injuries. For more information on ankle sprains and at home exercises, go to <http://www.azstarnet.com/health/fitness/fit-26-ankle.shtml>.

HEALTHY EATING AND PHYSICAL ACTIVITY CONTEST

Third through fifth graders are invited to enter the PearBear writing contest in efforts to get children thinking about the importance of daily physical activity and healthy eating habits. Children are asked to create stories about the PearBear character and incorporate a positive theme. Entries must be received by April 12. For contest information, go to: <http://www.usapears.com/>.

SKATEBOARD AND SCOOTER GUIDELINES

According to a new policy, doctors recommend that children under the age of 10 should not use skateboards without parental supervision, nor should children under the age of 8 use non-motorized scooters without such supervision. See the March edition of Pediatrics for the complete updated policy for skateboard and scooter guidelines <http://www.pediatrics.org/>.

WEIGHT ALERT LETTERS

In an effort to help raise health issues associated with children and adolescents being overweight, some school systems have begun sending out confidential letters to parents concerning their child's weight.

Programs like this have begun in East Penn school system in Pennsylvania and in Florida's Citrus County district. Administrators spent months preparing the letter to ensure it was not assigning blame but rather to promote the importance of proper eating habits and an active lifestyle. For more information, go to <http://www.msnbc.com/news/727544.asp?0si=-&cpl=1>.

EXHIBITING THE PRESIDENT'S CHALLENGE:

American Alliance for Health, Physical Education, Recreation and Dance
<http://www.aahperd.org>
San Diego, CA
April 9-13

National Council of La Raza
<http://www.nclr.org>
Miami, FL
July 19-23

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.