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PRESIDENT'S COUNCIL MEMBERS

If you haven't already heard and seen, President Bush appointed new PCPFS
Council Members on June 20, 2002. For a complete list and backgrounds on the
new council members please visit

<http://www.fitness.gov/aboutpcpfs/members/members.html>

PRESIDENTIAL ACTIVE LIFESTYLE AWARD CHANGES

The Presidential Active Lifestyle Award will undergo a slight change this
upcoming year. Participants will still assessed in one of two ways, total time or
total steps taken in a given day, but step requirements will differ for boys and
girls. Starting this fall, boys will be required to reach a minimum of 13,000
pedometer steps per day, while the girls will continue to have a minimum of
11,000. The time, frequency and duration of the PALA remain the same at a
minimum of 60 minutes per day, five days per week for six weeks. Details on this
change will be provided in the program packet coming soon. For additional
information about this change, please visit the President's Challenge at

http://www.indiana.edu/~preschal_

PRESIDENTIAL ADULT ACTIVE LIFESTYLE AWARD: PAAL TO THE
PALA

The newest addition to the awards offered by the President's Challenge is the
Presidential Adult Active Lifestyle award or PAAL to the PALA. This award is

for persons 18 years of age and older. Participants are assessed in the same manner that young persons participating in the PALA are assessed, however, the requirements are different. PAAL must accumulate a minimum of 30 minutes of physical activity per day or accumulate 10,000 pedometer steps in a given day. This activity must be done a minimum of five days per week for six weeks. Participants are encouraged, but not required, to perform this activity with a young person. For more specific information on the PAAL, please visit the Presidents Challenge at <http://www.indiana.edu/~preschal>.

SURVEY SUGGESTS OVERWEIGHT KIDS FRUSTRATING FOR DOCTORS

Recent findings from a 1999 survey conducted by the Maternal and Child Health Bureau (<http://www.mchb.hrsa.gov>) and published in the July 2002 issue of Pediatrics, found that pediatricians must not only face the challenging task of caring for overweight children, but must also deal with factors such as lack of patient and parental motivation, lack of necessary medical training and insurance involvement as additional obstacles. The study identified a near three-fold increase in the number of obese U.S. children since the 1960s. This increase coupled with the admitted difficulty of doctors to treat these children gives cause for concern and increased frustration. To read more about this survey, please visit

<http://www.cnn.com/2002/HEALTH/parenting/07/01/obesity.pediatricians.ap/index.html>.

MOST IN U.S. UNAWARE OF CANCER-OBESITY LINK

The American Institute for Cancer Research (<http://www.aicr.org>) recently published findings from a study that identified the number of Americans aware of the link between obesity and certain types of cancer as a mere 25 percent. Of the 1,205 Americans polled, most were aware of the links between heart disease, the risk of diabetes and obesity, but few realized the additional link to cancer. Regular physical activity and proper nutrition were identified as necessary courses of action against obesity and being overweight. For more information on this topic, please visit

<http://www.cnn.com/2002/HEALTH/diet.fitness/07/11/obesity.cancer/index.html>

WHEN KIDS CANT TAKE THE HEAT: HEAT-RELATED ILLNESSES & EXERCISE

A July 2000 study published in the medical journal Pediatrics identifies a high

correlation between physical activity and exercise during the summer months and heat-related illnesses in children. Children are unable to adapt to temperature change as well as adults and have a limited sweat capacity due to their size. Consequently, they are more susceptible to dehydration, heat exhaustion, and heat stroke. To learn more about the signs and symptoms associated with these heat-related illnesses and the suggested preventative measures and guidelines from the American Academy of Pediatrics Sports Medicine and Fitness Committee, please visit <http://content.health.msn.com/content/article/3606.2039>. The President's Council also reminds coaches, teachers and parents of heat related dangers. Their recommendations can be found at

http://www.fitness.gov/heat_related_illness_stress.html along with CDC guidelines at <http://www.cdc.gov/nceh/hsb/extremeheat/>.

PE LINKS 4 U

The "PE Links 4 U" website was first developed as a resource for physical education majors at Central Washington University in Ellensburg, Virginia. Through the efforts of many volunteers, it has now become an independent resource for physical educators. It includes an extensive list of links, information on standards documents, a free bulletin board, and much more. A free newsletter is available to alert readers about updates to the

website. Check it out: <http://www.pelinks4u.org>

CHALLENGE WEBSITE SURVEY

In order to better service the needs of our users and viewers, we are offering a survey on the President's Challenge website. Information from this survey will be used to enhance our website design to offer items that you find valuable about our program and fitness in general. You can take our brief survey at <http://www.indiana.edu/~preschal/survey.shtml>. We thank you for your input!

EXHIBITING THE PRESIDENT'S CHALLENGE:

Club Industry Show Presentation

<http://2002.clubindustryshow.com/>

Chicago, IL

October 9-12, 2002

National Recreation and Park Association Exhibit

<http://www.nrpa.org>

Tampa, FL

October 16-19, 2002

Illinois Association for Health, Physical Education, Recreation and Dance Exhibit

<http://www.iahperd.org/>

St. Charles, IL

November 21-23, 2002

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 You can view past issues of fitnessisfun on our website at

<http://www.indiana.edu/~preschal/resource/fitnessisfun/fitnessisfun.shtml>

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