

January 2002

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CHALLENGE HOLIDAY OFFICE HOURS

The holiday season is upon us and with the closing of most schools during this period the President's Challenge will have the following reduced office hours.

December 24-28 CLOSED  
December 31 CLOSED  
January 1 CLOSED  
January 2 OPEN NOON  
January 3 RESUME NORMAL BUSINESS HOURS

As always, you can view information, order brochures and order awards 24/7 on our website at <http://www.indiana.edu/~preschal>.

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REPORTS ON OBESITY

The Department of Health and Human Services recently released a report entitled, The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, on which the President's Council on Physical Fitness and Sports was a steering group member. According to this report, obesity among adults has doubled between 1980 and 1999, while numbers among adolescents have tripled. In the year 2000, the number of obesity and overweight related deaths in the US was approximately 300,000, with attributed costs of about \$117 billion. The report calls for community action to aid in the prevention of obesity, such as healthy food options available at schools, mandatory PE classes for all grades, and safe/accessible recreation facilities. A full copy of this report is available at <http://www.surgeongeneral.gov/topics/obesity>.

Another study comparing Body Mass Index (BMI) of youth from 1986-1998 shows that the prevalence of overweight children continues to increase rapidly. Contributing factors examined included ethnicity, sex, income, and geographical region of residence. The study found that overweight prevalence increased fastest among minorities and southerners, and in general, overweight children were heavier at the end of the study. For more information, go to <http://jama.ama-assn.org/issues/v286n22/abs/jbr10287.html>.

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YOUTH SPORTS REPORT

A recent study of contributing factors to organized youth sports drop out rates found that 25% of all children drop out of their chosen sport within 3 years. The main reasons cited were problems associated with working in a team environment, such as internal team problems and dissatisfaction with the coaching. To find out more and how to resolve these types of factors, see <http://www.youth-sports.com>.

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TRAINING OUR YOUTH

The National Strength and Conditioning Association (NSCA) recently issued its position statement on youth resistance training. Their information suggests that training, both muscular strength/endurance and cardio-respiratory conditioning, is safe for kids when properly designed. They do emphasize that safety and direct adult supervision are key components to any youth training program. Additionally, they point out that these types of programs can decrease the chance of injuries in sports participation, enhance strength and motor skills, as well as improve overall psychological well-being. You can view a copy of this and other position statements from the NSCA web site at <http://www.nsca-lift.org>.

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GO WITH THE GROUP

According to a recent article, "Study: Exercise is Hard to Stick With", most individuals adopting a fitness program will quit early on. Researchers attribute low motivation to artificial training (machine based), which lacks purpose. In order to overcome the problem of initial boredom, researchers recommend incorporating group methodology (team oriented), setting small goals, and finding a physical activity they enjoy (Ira Dreyfuss, The Associated Press).

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EXHIBITING THE PRESIDENT'S CHALLENGE:

Sporting Goods Manufacturer's Association  
<http://www.supershow.com>  
Las Vegas, Nevada  
January 21-23, 2002

Eastern District/Southern District AAHPERD  
<http://www.aahperd.org/EDA/eda-programs.html>  
Baltimore, Maryland  
February 13-16, 2002

National Association of Secondary School Principals  
<http://www.nassp.org>  
Atlanta, Georgia  
March 1-4, 2002

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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](mailto:preschal@indiana.edu)