

June 2002

IN THIS ISSUE:

ORDER YOUR AWARDS NOW
MORE ON CHILDHOOD OBESITY
WORLD HEALTH ORGANIZATION (WHO)
ACTIVITIES OF THE PCPFS EXECUTIVE DIRECTOR
MORE ON NATIONAL SCHOOL FITNESS FOUNDATION
SUMMER REMINDERS AND FALL UPDATES
ADDITIONAL FITNESS INFO
EXCITING GRANT OPPORTUNITY

ORDER YOUR AWARDS NOW

Just a reminder that now is our busiest time of year at the President's Challenge. Make sure to order your awards as soon as possible so that we can get them to you in time for all of your award ceremonies. Remember our standard guarantee is 18 calendar days, if you prefer to RUSH your order we guarantee 4 business days. For more information on our shipping policies visit our website at <http://www.indiana.edu/~preschal/orders/orderinginformation.shtml>

Thanks again for another great school year and look for our exciting changes for next school year discussed below.

MORE ON CHILDHOOD OBESITY

A recent study found that the number of overweight children who are hospitalized for health problems either caused by or related to their obesity is drastically increasing. There are more cases of Type 2 diabetes, sleep apnea, asthma, and gallbladder disease found in children today compared to twenty years ago, when the childhood and adolescent obesity was less than half of its current 13% level. Estimated hospitalization costs for obese children have also more than tripled during this time period to reach \$127 million. For more information, go to The President's Council on Physical Fitness and Sport (PCPFS) website at <http://www.fitness.gov>.

WORLD HEALTH ORGANIZATION (WHO)

The WHO is recognizing the negative health effects of tobacco through the designation of World No Tobacco Day on May 31st. The WHO wants to increase public awareness of both the short and long-term health effects of tobacco use and the effect of those health problems on maintaining an active lifestyle. For more information, brochures, and posters, go to: <http://www.cdc.gov/tobacco> or <http://tobacco.who.int/>.

ACTIVITIES OF THE PCPFS EXECUTIVE DIRECTOR

Lisa E. Oliphant, the Executive Director of the PCPFS, is currently attending the World Health Organizations Assembly in Geneva, where delegates from each of the member countries gather to discuss the direction and policies of the WHO. For more information about this organization visit <http://www.who.int/home-page/>.

Ms. Oliphant will also be giving the keynote address at this year's Club Industry East meeting in Washington, DC June 27. She will be talking to this meeting of Health and Fitness Facility Managers about how their facilities can make a difference by reaching out to their communities. For more information on this meeting visit <http://www.clubindustryshow.com>.

MORE ON NATIONAL SCHOOL FITNESS FOUNDATION

The National School Fitness Foundation's Focus on Fitness publications provides updates on the Foundations accomplishments and how to get your community involved in their circuit training fitness regimen. The summer 2002 brochure features a basic Fitness Quotient to help individuals evaluate their overall physical well being, the Leadership in Fitness Training (L.I.F.T) annual scholarship opportunity, and the Foundations Adaptive Physical Education Initiative. For more information or your own copy of this bulletin, go to <http://www.fitnessfountain.org/>.

SUMMER REMINDERS AND FALL UPDATES

Don't forget to encourage your children and students to stay active this summer and work on logging their activity hours for the PALA award. Also, watch out this fall for the new Presidential Adult Active Lifestyle Award (PAAL)! Information on the new PAAL Award will appear in the 2002-2003 President's Challenge brochure coming out this fall and on our website. Other additions and changes planned for this fall include an enhanced Physical Activity and Fitness Demonstration Center Program, as well as an all new Active Lifestyle Model School Program. This new Model School Program will recognize those schools who have 35% or more of their student enrollment earn the Presidential Active Lifestyle Award (PALA).

You asked for it, you got it. Look for the all-new President's Challenge Instructor T-Shirt coming this fall!

ADDITIONAL FITNESS INFO

Want more information on the latest nutrition and fitness tips? Subscribe to the American Council on Exercise (ACE) list serve for E-tips sent right to you at <http://www.ACEfitness.org>.

EXCITING GRANT OPPORTUNITY

\$49,500,000 worth of Federal Elementary and Secondary Education Act grant funding is available for initiating, expanding, and improving Physical Education programs. This money can also be used for after-school programs and obesity prevention programs. The deadline for applications is June 9th, 2002. Go to <http://www.ed.gov/GrantApps> for more information on this grant, as well as related available funding.

EXHIBITING THE PRESIDENT'S CHALLENGE:

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.