

March 2002

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NEW AWARD COMING FALL 2002

The Presidential Adult Active Lifestyle Award (PAAL) will be offered for the first time in the fall of 2002. The new PAAL to the PALA will offer adults the opportunity to earn an Active Lifestyle Award by accumulating a certain amount of activity per day or taking a certain number of steps per day. The award can be earned in conjunction with youth participation or on your own. It's a great way for teachers, and other adults, to earn their own award and motivate youth at the same time. Look for details on the website and in the brochure this August!

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STATE CHAMPION UPDATE

Remember the deadline for State Champion entries is July 1 every year. As always, its better to turn in your entries right after you finish testing.

Endurance Run: We will also be accepting mile run scores for the 6-9 age groups even though the shorter distances are now required. A change was made for the first time this year to require the shorter distances, however, many teachers still like the option of doing a mile run as well. In order to accommodate this request we will be accepting state champion entries using the mile run scores and will possibly be adding it back to the regular test battery this fall. Stay tuned for more details on this!

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## COMMON QUESTION

Question: Do the standards on the physical fitness award charts represent the 85th and 50th percentiles, or do we need to calculate those percentages?

Answer: The standards in the charts for the Presidential (85th percentile) and the National (50th percentile) Awards already represent those award levels. There is no need to do any calculations, students need to achieve the levels listed for all five events in order to earn that award.

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## FITNESS AND FLEXIBILITY

Why should I stretch? Stretching is an important part of any fitness plan and should be done for a variety of reasons:

- 1) Flexibility increases your overall physical fitness
- 2) Being flexible reduces your risk of sustaining an injury
- 3) Stretching reduces muscle tension
- 4) Stretching reduces muscle soreness
- 5) Stretching helps you relax, both physically and mentally
- 6) Stretching enhances your range of motion

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## WORLD HEALTH DAY

World Health Day is coming up April 7, 2002 and information and promotional materials are available at <http://www.paho.org/English/hpp/hpn/whd2002.htm>. Handbooks with tools and materials for activities are available at <http://www.aawh.org/>.

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## SPORTS AND SAFETY

According to a study by the CDC, there are more than 2.6 million sports related injuries for people between the ages of 5-24 seen in emergency rooms annually, which accounts for one quarter of all such hospital visits. Parents should check to ensure that their children's sports teams emphasize safety and proper technique to lower the chances

of these types of injuries. For more information on the study and see how your children's sports ranked, see <http://www.azstarnet.com/health/fitness/fit-10306nsportsinjuries.shtml>.

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#### LATEST DIABETES RESEARCH

Results from the Diabetes Prevention Program (DPP) found that lifestyle changes were more effective at reducing type 2 diabetes risk than drug treatments of metformin. Lifestyle intervention worked equally well in both men and women in all ethnic groups and was most effective in individuals over the age of 60, where the risk of developing type 2 diabetes fell 71 percent. For the complete study results, see <http://www.niddk.nih.gov/welcome/releases/02-06-02.htm>.

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#### EXHIBITING THE PRESIDENT'S CHALLENGE:

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

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