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MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Every year we celebrate May as National Physical Fitness and Sports Month. We encourage teachers and youth leaders to give their students the opportunity to earn any of our five awards, representing three different program areas. Additional information and tips for the month of May can be found on the President's Council website at

<http://www.fitness.gov> or by contacting the National Association for Sport and Physical Education

<http://www.aahperd.org/naspe/template.cfm?template=educationday.html>.

WALK THE TALK

Get ready to Walk the talk this fall with our new PAAL to the PALA Award. The new Presidential Adult Active Lifestyle Award (PAAL) will serve as a companion award for adults when motivating youth to earn the PALA. The award will be very similar to the PALA by requiring those participating to keep track of the amount of physical activity in which they participate every day, or number of steps using a pedometer. Look for details in our brochure and on our website coming August 2002!

PRINCIPALS FOCUS ON PHYSICAL EDUCATION

The May 2002 edition of Principal, a publication of the National Association of Elementary School Principals ([naesp.org](http://www.naesp.org)), features two articles that highlight the importance of physical activity and proper nutrition, "Battling the Obesity Epidemic" and "Why Your School Needs a Quality Physical Education Program". For more information on this publication you can visit <http://www.naesp.org/comm/p0502.htm> to view selected articles.

NATIONAL SCHOOL FITNESS FOUNDATION

The National School Fitness Foundation (<http://www.fitnessfoundation.org>) is a non-profit organization that seeks to improve the overall health, wellness, and fitness of Americans, particularly among school aged children. The foundation places fitness equipment in schools in return for fitness data from those youth participating in the circuit-training set-up. The overall goal is to take the expected improvement in fitness levels determined by this approach back to Congress in hopes of increasing the amount of PEP funding. According to a Salt Lake Tribune article, PE teachers are supportive of the reform and hope it will help combat high school obesity and increase physical activity levels.

NATIONAL YOUNG WOMENS HEALTH SUMMIT

The Office of Womens Health is sponsoring the National Young Womens Health Summit July 31-August 2, 2002. They are currently accepting applications through May 15 for attendees, mentors, and parents. Applications, goals, and objectives of the summit are available at <http://www.4women.gov/nwhic/current/calendar/YWHS/2002/index.htm>.

PEP GRANT NOTICES

PEP Grant notice will be published in the Federal Register by April 26. Applications will likely be due June 7. For more information on PEP grants courtesy of PE4LIFE, go to http://www.pe4life.org/pepgrant_res.php. Once the grant notice is published, applications can be found at: <http://www.ed.gov/offices/OESE/SDFS>.

PEDOMETER STUDY

A federally funded pilot program is currently underway in Denver to test the impact of pedometer use on children's activity levels. The goal is to motivate children to walk the 10,000 steps a day, as recommended by the U.S. Surgeon General. For more information, go to: <http://www.cnn.com/2002/HEALTH/diet.fitness/04/03/child.obesity.ap/index.htm>.

NATIONAL YOUTH SUMMIT

National Youth Summit, a cross-departmental event with a focus on promoting positive youth development as well as safe and healthy lives, will be held June 26-28 in Washington, D.C. For more information on the Youth Summit, go to: <http://www.acf.dhhs.gov/programs/fysb/summit.html>.

EXECUTIVE DIRECTOR SPEAKS

The Executive Director of the President's Council on Physical Fitness & Sports (PCPFS), Lisa Oliphant, will address members of the Health Club Industry at their meeting in Washington, DC. Ms. Oliphant is scheduled to speak Thursday, June 27 at 11:00 am. The meeting is being held at the Washington Convention Center. For more information on this conference visit their website at <http://www.clubindustryshow.com> and for more information about Ms. Oliphant you can read her Fast Notes column every month on the PCPFS website at <http://www.fitness.gov>.

TULIP TIMES SCHOLARSHIP GAMES

The President's Challenge recently participated in the Tulip Times Scholarship Games, sponsored by the Children's Better Health Institute. Youth earned all levels of awards during this annual event. Lisa Oliphant, Executive Director of the President's Council on Physical Fitness and Sports, made an appearance to welcome, motivate, and congratulate all who took part in the games. For more information visit <http://www.cbhi.org/fitnessfarm/events/>.

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.