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GENERAL MILLS CHAMPIONS INITIATIVE

The American Dietetic Association (ADA) Foundation, the President's Challenge and The General Mills Foundation are partnering to improve youth nutrition and fitness. The initiative, General Mills Champions, will consist of grants to community-based groups. Additional components of the initiative include sponsorship of the Presidential Active Lifestyle Awards, developing nutrition and fitness mentoring models, and sharing best practices. For more information visit the General Mills Foundation website at <http://www.generalmills.com/foundation>.

PEDOMETER POPULARITY TAKING OFF

A recent article in The Philadelphia Inquirer states that the popularity of the pedometer is taking off among Americans. Pedometers are digital devices worn on the belt used to measure the amount of steps taken in a given period of time. By wearing a pedometer and having a specific amount of steps defined as a goal, motivation increases towards reaching that goal. Guidelines for the amount of daily steps needed to increase the level of physical health and fitness vary, however, 10,000 steps/day for adults is the current recommendation. For some, this number is as much as five times more than their current steps taken and as such, 10,000 steps should be reached gradually. To read more about the popularity of pedometers as well as some history of the pedometer, please visit [www.philly.com/mld/inquirer/living/health/4203270.htm](http://www.philly.com/mld/inquirer/living/health/4203270.htm).

#### PHYSICAL ACTIVITY AND INTENSITY

Moderate physical activity is good for preventing heart disease, but revving up the pace may be better -- especially if combined with weight-training, a Harvard study of more than 40,000 men suggests. For more information visit

<http://www.cnn.com/2002/HEALTH/diet.fitness/10/22/exercise.heart.ap/index.html>

#### STUDY REVEALS AMERICANS STILL GETTING FATTER

A 1999-2000 National Center for Health Statistics study based on actual body measurements reveals that the number of obese Americans, originally thought to be 19.8 percent, has been underestimated. The actual number of obese Americans is closer to 31 percent. This number signifies an increase of two fold over the past two decades. Similarly, the number of overweight Americans has increased from 56 percent to 65 percent in the same time period and the number of overweight children has tripled. The number of obese children has been identified as 15 percent of those ages 6-19. This number signifies an increase of three fold since 1980. Also, ten percent of toddlers, ages 2-5, are seriously overweight, up from 7.2 percent in 1994. To read more about this study, please visit

<http://www.hhs.gov/news/press/2002pres/20021008b.html>.

#### 2002 PEP GRANT RECIPIENTS NAMED

The Carol M. White PEP Grant is a federal grant program that awards funds to school districts to initiate implementation and improvement of school physical education programs. Funds are awarded each year to school districts that meet the Grants specific requirements. These requirements as well as the 2002 winners can be found at [http://www.pe4life.org/pepgrant\\_res.php](http://www.pe4life.org/pepgrant_res.php).

#### NATIONAL MEETING ON OSTEOPOROSIS AND BONE HEALTH

This fall marks the beginning of The Surgeon General's Report on Osteoporosis and Bone Health. Prior to this report being released, however, the Surgeon General will seek input, concerns, prevention strategies, and any other relevant information through a nation-wide meeting. The meeting will include presentations from a diverse group of individuals, each

effected by osteoporosis in some way. Participants are encouraged to attend and offer input as to the most important issues surrounding bone health. The completed report is set to be released in the summer of 2004. For more information on this, please visit <http://www.surgeongeneral.gov/topics/bonehealth/>.

#### HEALTHY SCHOOL SUMMIT A SUCCESS

The Healthy School Summit was held October 7-8 in Washington D.C. and was great success. This summit addresses the important role that schools play in the health and physical fitness of students. Discussion topics included the consumption of soft drinks and healthy diets and the lack of mandated physical education. Chairman for the President's Council on Physical Fitness and Sports, Lynn Swann, was in attendance and fully advocated the importance of daily physical activity in the lives of young children. To read more about this summit, please visit <http://www.actionforhealthykids.org/index.htm>.

#### THE NEW PE: EMPHASIS IS ON FUN

Physical education has long been associated with negative attitudes, thoughts and feelings. The New PE, however, is an attempt to reverse these negative connotations by emphasizing fun. The amount of time that a child spends in physical education class is still important, however, so is the class content. Physical education specialists have begun developing innovative methods such as eliminating aggressive games, such as dodge ball, that allow the stronger students to overpower the weaker ones and instead implement games and activities that encourage students to challenge and compete against themselves. For more information on the New PE, please visit <http://www.seattletimes.com/> and visit the news day of September 06, 2002.

#### EXHIBITING THE PRESIDENT'S CHALLENGE:

Illinois Association for Health, Physical Education, Recreation and Dance

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

St. Charles, IL

November 21-23, 2002

Association for Supervision and Curriculum Development

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

San Francisco, CA

March 8-10, 2003

American Alliance for Health, Physical Education, Recreation and  
Dance

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

Philadelphia, PA

April 1-5, 2003

National Association of Elementary School Principals

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

Anaheim, CA

April 11-15, 2003

#### 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)