

Greetings from the office of the President's Challenge Physical Activity and Fitness Awards Program! You have received the October 2002 issue of fitnessisfun, the official e-mail distribution of the President's Challenge. These monthly e-mails will keep you updated on our program, activities of the President's Council on Physical Fitness and Sports (PCPFS) and other current information pertaining to fitness.

WEBSITES:

President's Council on Physical Fitness and Sports
<http://www.fitness.gov>

President's Challenge Physical Activity and Fitness Awards Program
<http://www.indiana.edu/~preschal>

IN THIS ISSUE:

2001-2002 STATE CHAMPION RESULTS TO BE ANNOUNCED OCTOBER 1
2002-2003 MATERIALS AND ITEMS NOW AVAILABLE
ONLINE PHYSICAL ACTIVITY LOCKER
PHYSICAL ACTIVITY MODEL SCHOOLS
WE WANT YOUR INPUT!
DIET AND EXERCISE BILL HITS THE FLOOR
INACTIVITY RAMPANT AMONG TEEN GIRLS
NEW P.E. STUDY YIELDS PROMISING RESULTS

2001-2002 STATE CHAMPION RESULTS TO BE ANNOUNCED OCTOBER 1
It's that time of year again!! Results of the 2001-2002 State Champion program will be announced October 1. State Champion schools for each category in each state will receive emblems, student certificates and school certificates recognizing their State Champion Award shortly after this date. All of these materials signify and recognize the outstanding accomplishments that these schools have achieved. Please visit our website to view the list of winners after October 1.

2002-2003 MATERIALS AND ITEMS NOW AVAILABLE

The President's Challenge 2002-2003 program packet is now available. This packet provides a detailed description of the award programs as well as provides an order form for award materials. Additions to available award materials include Presidential Adult Active Lifestyle emblems, certificates and t-shirts, as well as President's Challenge Instructor t-shirts. We also offer two different pedometers to choose from.

We also offer a separate information packet specifically for our Active Lifestyle Program. This packet provides detailed descriptions of the Presidential Active Lifestyle Award (PALA) and the Presidential Adult Active Lifestyle Award (PAAL). Also included are log sheets for daily activity and an order form especially for the Active Lifestyle award materials. To request either program packet, please visit our website at <http://www.indiana.edu/~preschal> or call us toll free at 1-800-258-8146.

ONLINE PHYSICAL ACTIVITY LOCKER

The President's Challenge website now offers a free online physical activity locker. Youth and adults can now use this locker to keep track of their daily physical activity, or steps per day using a pedometer. This locker is great for those on their way to earning the Presidential Active Lifestyle Award (PALA) or the Presidential Adult Active Lifestyle Award (PAAL). Visit <http://www.indiana.edu/~preschal> today to open your locker!

PHYSICAL ACTIVITY MODEL SCHOOLS

Our newest school recognition program is now in effect. The new Physical Activity Model School Program will recognize any school that has 35%, or more, of their school enrollment earn the Presidential Active Lifestyle Award (PALA) two times or more during the year. Schools that qualify will receive a school certificate, a certificate

for each PALA Award winner, and will receive Model School embroidered rockers to be placed under the square embroidered PALA patch of each winner. For more information on this free program, or any of our school recognition programs, you can visit http://www.indiana.edu/~preschal/recognition/school_recog.shtml.

WE WANT YOUR INPUT!

The President's Challenge for Physical Activity and Fitness Awards Program wants to hear from you. We encourage instructors to e-mail us with testing and motivational tips for the physical fitness or health fitness programs. Please e-mail at preschal@indiana.edu us with any suggestions that you have regarding these award programs so that we may post them on the website for other instructors to view.

DIET AND EXERCISE BILL HITS THE FLOOR

The United States Senate has recently proposed a bill entitled the Improved Nutrition and Physical Activity Act or IMPACT. If approved, this bill would provide approximately \$250 million towards supporting nutrition and physical activity within schools and communities. The major driving force behind this proposed legislation is the increasing number of overweight and obese adults and children in the United States today. The Center for Disease Control (CDC) identifies 13% of U.S. children and adolescents being seriously overweight and 61% of U.S. adults being overweight or obese. To read more about this proposed legislation, please visit <http://health.yahoo.com/search/healthnews?lb=p&p=id%3A27795>.

INACTIVITY RAMPANT AMONG TEEN GIRLS

A recent study published by the New England Journal of Medicine has found that by the age of 16 or 17 a significant number of females were getting no physical

activity. This study followed over 2000 female subjects through the course of 10 years. The amount of physical activity that the girls participated in decreased consistently as they got older. This trend may be linked to both the increase in the numbers of obese children as well as the decreases in elementary and middle school physical education programs. To read more about this study, please visit <http://content.health.msn.com/printing/article/3606.2181>.

NEW P.E. STUDY YIELDS PROMISING RESULTS

An article appearing in the August 2002 issue of the Journal of Adolescent Health demonstrates that adolescents participating in vigorous activity can benefit by significantly lowering body fat and blood pressure. Researchers from the University of North Carolina at Chapel Hill studied students within physical education classes and found that by decreasing the amount of time spent standing around, students benefited with a reduction in body fat and blood pressure levels. Typically, students engage in an average of 6-10 minutes of activity during physical education classes, however, when vigorous activity was substituted for time usually spent standing and observing, these benefits occurred. To read more about this study, please visit http://web.lexisnexis.com/universe/document?_m=55c5923477d2589b7bf6f6e798303d96&_docnum=96&wchp=dGLbVzz-lSlzV&_md5=36ad02f6f082ff59461851eaaa6a75ce

EXHIBITING THE PRESIDENT'S CHALLENGE:

Club Industry Show Presentation

Keynote Speech by Lynn Swann

<http://2002.clubindustryshow.com/>

Chicago, IL

October 9-12, 2002

National Recreation and Park Association Exhibit

<http://www.nrpa.org>

Tampa, FL
October 16-19, 2002

Illinois Association for Health, Physical Education,
Recreation and Dance Exhibit
<http://www.iahperd.org/>
St. Charles, IL
November 21-23, 2002

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

You can view past issues of fitnessisfun on our website at <http://www.indiana.edu/~preschal/resource/fitnessisfun/fitnessisfun.shtml>

To Subscribe or Unsubscribe:

Visit <http://www.indiana.edu/~preschal>

Click on PC Resources, then Email Lists