

## **Benefits of Daily Physical Activity**

- Keeps weight under control.
- Reduces the risk of heart disease by improving blood circulation throughout the body
- Prevents and manages high blood pressure.
- Prevents bone loss.
- Boost energy level.
- Helps manage stress.
- Releases tension.
- Improves the ability to fall asleep quickly and sleep well.
- Improves self-image.
- Counters anxiety and depression and increases enthusiasm and optimism.
- Increase muscle strength, increases the ability to do other physical activities.
- Provides a way to share an activity with family and friends.
- Establishes healthy habits in children and counters conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life.

- American Heart Association

## **STATISTICS & RESEARCH**

- “Physical Education is without a doubt our nation’s first line of defense against inactivity and obesity.” - Anne Flannery, P.E. 4 Life
- “The adolescent obesity rate is skyrocketing. It grew by 100% over the last 10 years”. - Centers for Disease Control and Prevention
- “High blood pressure and elevated cholesterol levels are placing overweight kids at greater risk for heart disease at earlier ages.” - Andrew Weil, “Self healing” Oct 2002
- Inactive children, when compared with active children, weigh more, have high blood pressure and lower levels of the heart-protective high density lipoproteins (HDL cholesterol) . . . in-active children are more likely to become inactive adults” - American Heart Association 2002
- “Even though heart attack and stroke are rare in children, evidence shows that the process leading to those conditions begin in childhood” - American Heart Association July 2002
- “Studies continue to confirm that when children’s and adolescent’s basic nutritional and fitness needs are met, they learn better.” - David Satcher Education Week Oct. 2002
- Many of the beneficial effects of exercise training- both endurance and resistance activities – diminishes within two to eight months of physical activity is not resumed.” - Donna E. Shalala, Surgeon General Report 1996