May Newsletter

National Physical Fitness and Sports Month

Granville Exempted Village Schools is supporting the President’s Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults and students to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Ohio:

* Almost 25% of Ohioans report no daily physical activity.
* 32% of Teens watch TV 3+ hours/day. (Recommendation is less than 2 hours per day).
* According to Ohio’s third grade BMI study, 20% of Ohio’s third grade population view 3‐4 hours of television on an average school night.
* 36.2% of Ohioans are overweight and 26.5% are obese.

Lack of physical activity is a risk factor for several chronic conditions including Diabetes Mellitus, cardiovascular disease, hypertension, stroke and several cancers. Regular physical activity helps people with arthritis and other conditions affecting the joints by improving pain management, and is associated with reducing depression and improving thinking ability in older adults.

**The Physical Activity Guidelines for Americans recommend that adults:**

* Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
* Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

**Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.**

This may sound like a lot, but don't worry! Your child may already be meeting the Physical Activity Guidelines for Americans. And, you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! Just make sure your child or adolescent is doing three types of physical activity:

### **1. Aerobic Activity**

 Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.

### **2. Muscle Strengthening**

 Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

### **3. Bone Strengthening**

 Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May! For more information, visit <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>.