

The Physical Activity Guidelines for Children and Adolescents

*The Role of Schools, Families,
and Communities in Promoting Youth
Physical Activity*

Your Name
Organization or Group
Date of Presentation



Presentation Objectives

- Identify the benefits of regular physical activity among youth
- Describe the key physical activity guidelines for children and adolescents
- Describe the roles of schools, families, and communities in promoting physical activity among children and adolescents



A Day in the Life of Colin: A 7-Year-Old Child

- Walks to and from school
- Jumps rope and does gymnastics in physical education class
- Plays on the playground during recess
- Does homework
- Watches television
- Plays soccer with family
- Plays video games



What Are the Benefits of Physical Activity?

- Promotes health and fitness
- Builds healthy bones and muscles¹
- Reduces the risk of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease¹
- Reduces the symptoms of anxiety and depression¹
- Can positively affect concentration, memory, and classroom behavior²



1. HHS. Physical Activity Guidelines Advisory Committee Report;2008
2. J Pediatr 2005;146(6):732–7.



How Much Physical Activity Do Youth Need?

- **Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.**
 - Aerobic Activities: Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week.
 - Muscle-strengthening Activities: Include muscle-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes.
 - Bone-strengthening Activities: Include bone-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes.
- Activities should be age-appropriate, enjoyable, and offer variety.



What Does This Really Mean?

- At least 60 minutes every day
- Mostly aerobic
- Add variety and fun



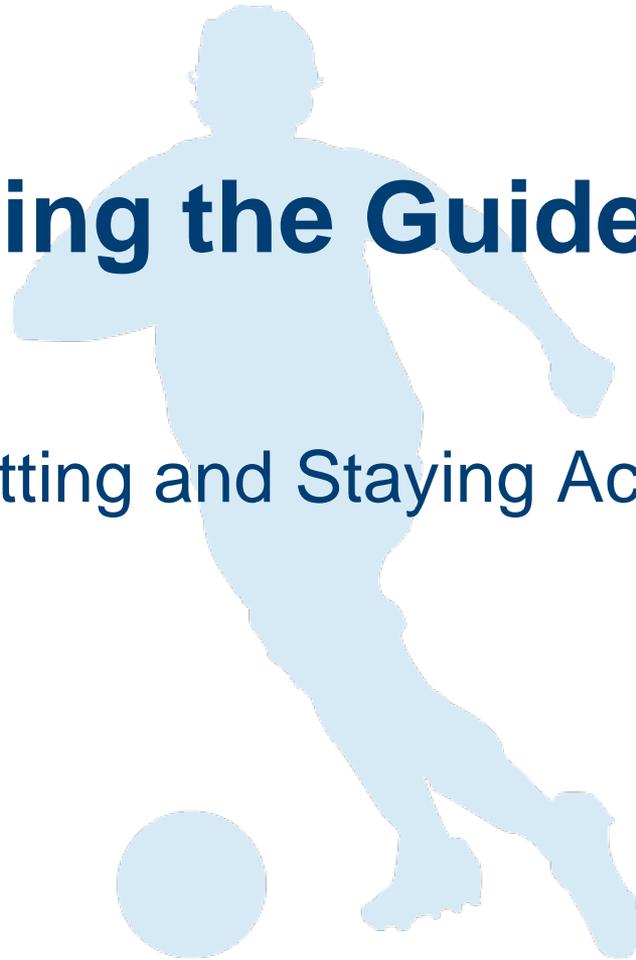
Examples of Physical Activities for Children and Adolescents

Type of Physical Activity	Children	Adolescents
Moderate-intensity aerobic	Hiking, bike riding, brisk walking	Baseball, yard work, hiking, brisk walking
Vigorous-intensity aerobic	Bike riding, jumping rope, running, soccer, basketball	Jumping rope, bike riding, karate, basketball, cross-country skiing
Muscle-strengthening	Modified push-ups, sit-ups, rope or tree climbing	Exercises with hand-held weights, push-ups, pull-ups, climbing wall
Bone-strengthening	Jumping rope, running, hopping, skipping, gymnastics	Jumping rope, running, sports like gymnastics, basketball

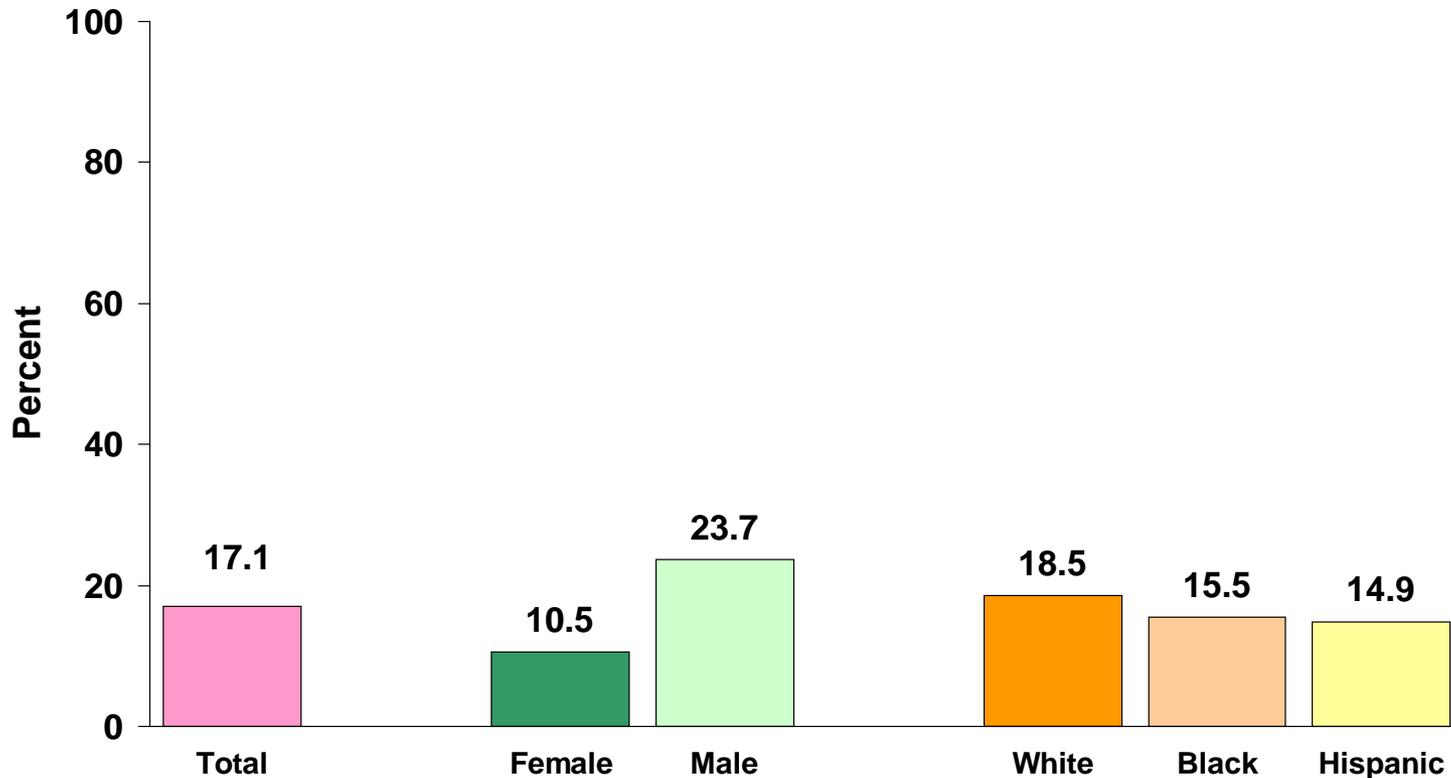


Meeting the Guidelines

Getting and Staying Active



How Physically Active Are High School Students?



* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day during the 7 days before the survey.

Source: National Youth Risk Behavior Survey, 2007.

How Much Do 9- to 13-Year-Olds Participate in Physical Activity?

Race/Ethnicity	Organized Activity	Free-Time Activity
Black, non-Hispanic	24%	75%
Hispanic	26%	75%
White, non-Hispanic	47%	79%
Total	39%	77%

Source: MMWR 2003;52(33):785–8.



Meeting the Guidelines

- **Youth Who Don't Meet the Guidelines**
 - Slowly increase activity in small steps
 - Participate in enjoyable activities
- **Youth Who Exceed the Guidelines**
 - Maintain activity level
 - Vary the kinds of activities to reduce the risk of injury
- **Youth Who Meet the Guidelines**
 - Continue being active on a daily basis
 - Work toward becoming more active



A Day in the Life of Colin

- **Walks to and from school (20 minutes)**
- **Jumps rope and does gymnastics in physical education class (10 minutes each)**
- **Plays on the playground during recess (10 minutes)**
- Does homework (20 minutes)
- Watches television (30 minutes)
- **Plays soccer with family (20 minutes)**
- Plays video games (30 minutes)

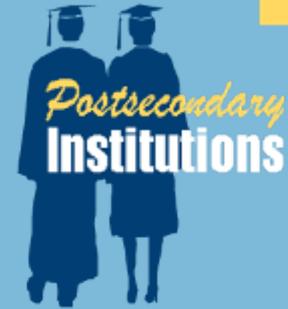
- **Total physical activity time = 60 minutes**
 - Vigorous-intensity aerobic activity: jumping rope
 - Bone-strengthening activities: jumping rope, gymnastics
 - Muscle-strengthening activities: gymnastics



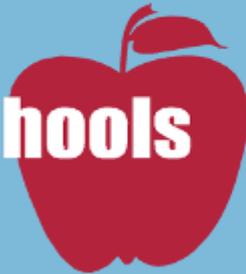
Barriers to Meeting the Guidelines

- Personal
 - Attitude
 - Belief in ability to be physically active
- Social
 - Influence of their peers
 - Parental support
- Environmental
 - Safe locations to be active
 - Access to equipment
 - Financial costs of physical activities
 - Time





Schools

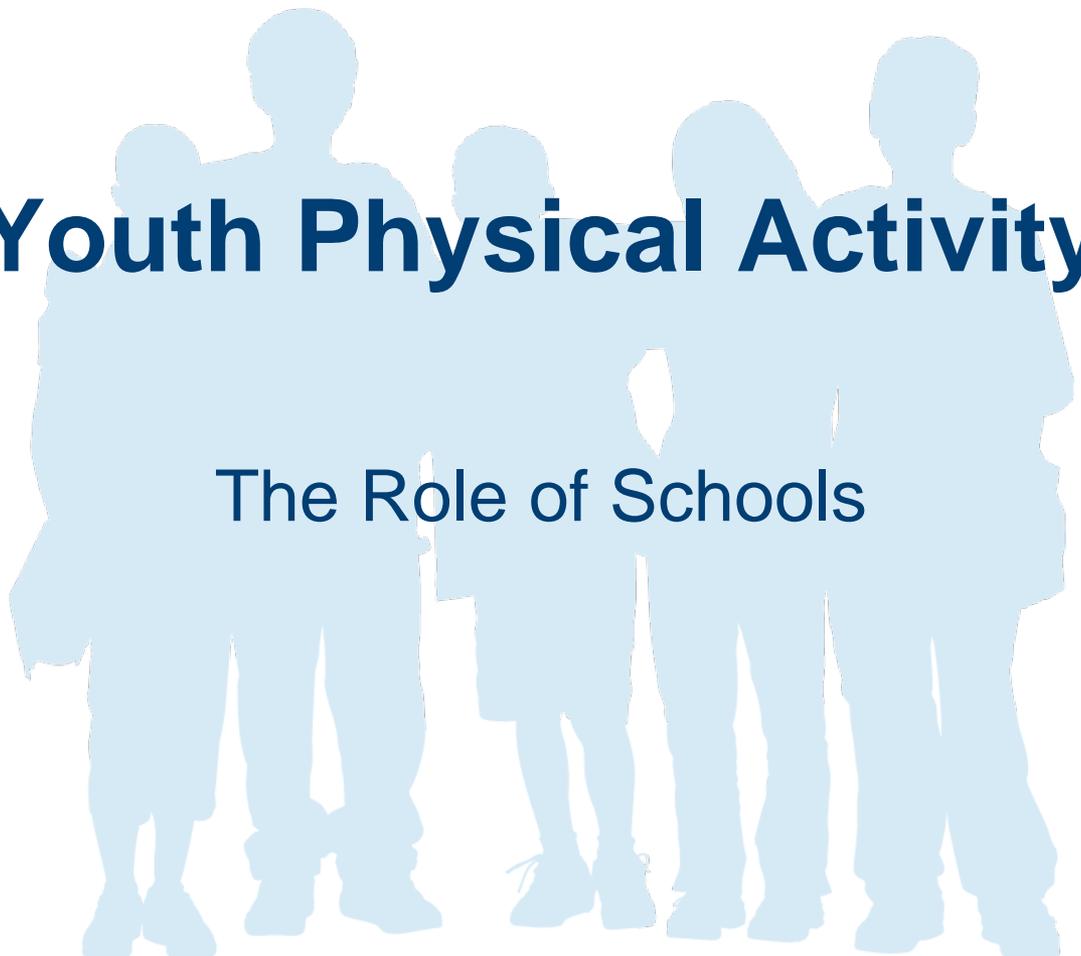


Community agencies
that serve youth



YOUTH PHYSICAL ACTIVITY



A light blue silhouette of six diverse youth standing together, representing a group of young people. The silhouettes are arranged in a line, with some slightly overlapping. The group includes a young man on the far left, a young woman, a young man in the center, a young woman, a young man, and a young woman on the far right. They are all wearing casual clothing and shoes.

Youth Physical Activity

The Role of Schools

Comprehensive School-Based Physical Activity Program¹

- **Components include:**
 - Quality physical education
 - Daily recess period
 - Activity breaks throughout the day
 - Intramural sports
 - Interscholastic sports
 - Walk- and bike-to-school programs
 - Staff wellness and involvement
 - Family and community participation



1. National Association for Sport and Physical Education. Comprehensive School Physical Activity Programs Package; 2008.

What is Quality Physical Education?

Quality physical education provides:

- Opportunity to learn
- Meaningful content
- Appropriate instruction
- Enjoyable experience for all students
- Meets the needs and interests of all students
- Keeps students active for most of class time

Policy Recommendation: Schools should require daily physical education for students in kindergarten through grade 12¹

- Elementary school = 150 minutes per week
- Secondary schools = 225 minutes per week

1. National Association for Sports and Physical Education. Moving into the Future: National Standards for Physical Education, 2nd ed;2004.



Recess

- Opportunity to participate in free-time physical activity and practice skills learned in physical education classes
- Enhances cooperation and negotiation skills
- Improves attentiveness, concentration, and time-on-task in the classroom



Policy Recommendation: Schools should provide at least 20 minutes of recess per day, in addition to physical education classes¹

1. National Association for Sport and Physical Education. Recess in Elementary Schools;2006.

Physical Activity Breaks

- Independent of physical education and recess
- Can enhance positive classroom behavior of students
- Incorporates activity in the classroom as part of planned lessons

Physical Activity Break Ideas: Ask students to identify and act out action words from a story through physical activity or take a walk outside as part of a science class.



Intramural Sports

- Can be offered before, during, and after school
- Provide students with a choice in activities
- Offer every student an equal opportunity to participate regardless of ability level
- Incorporate lifetime physical activities like walking, running, hiking, swimming, tennis, dancing, and bicycling



Interscholastic Sports

- Help establish cooperative and competitive skills¹
- Help students learn sport-specific and performance-based skills
- May be related to higher levels of overall physical activity²
- Associated with improved mental health and reduction in some risky health behaviors³⁻⁴



1. National Association for Sports and Physical Education. Eight Domains of Coaching Competencies;2006.

2. *Pediatr Exerc Sci* 1998;10:378–86.

3. *Arch Pediatr Adolesc Med* 2000;154:904–11.

4. The President's Council on Physical Fitness and Sports. *Research Digest* 1997;2:1–12.

Walk- and Bicycle-to-School Programs

Activity Recommendation:
Schools should participate in *International Walk to School Week* and support ongoing walk and bike to school programs.

- Resources:
 - *Safe Routes to Schools*
 - *Walking School Bus*
 - *KidsWalk Guide*



Youth Physical Activity

The Role of Families



Set a Positive Example

- Lead an active lifestyle yourself
- Make family time an opportunity for physical activity
 - Take a walk together after dinner
 - Do housework or yard work together
 - Walk the dog together
 - Make use of low- or no-cost resources
 - ◆ Public parks
 - ◆ Community fields and courts
 - ◆ Recreation areas
- Replace inactivity with activity whenever possible
 - Example: walk or bike to school instead of riding in a car



Limit “Screen Time”

- The American Academy of Pediatrics recommends less than 2 hours of media time per day.
 - Television
 - Computer
 - Movies/DVDs
 - Video games
- Turn commercial breaks into activity breaks
- Turn off the television during mealtimes
- Do not use screen time as a reward or punishment



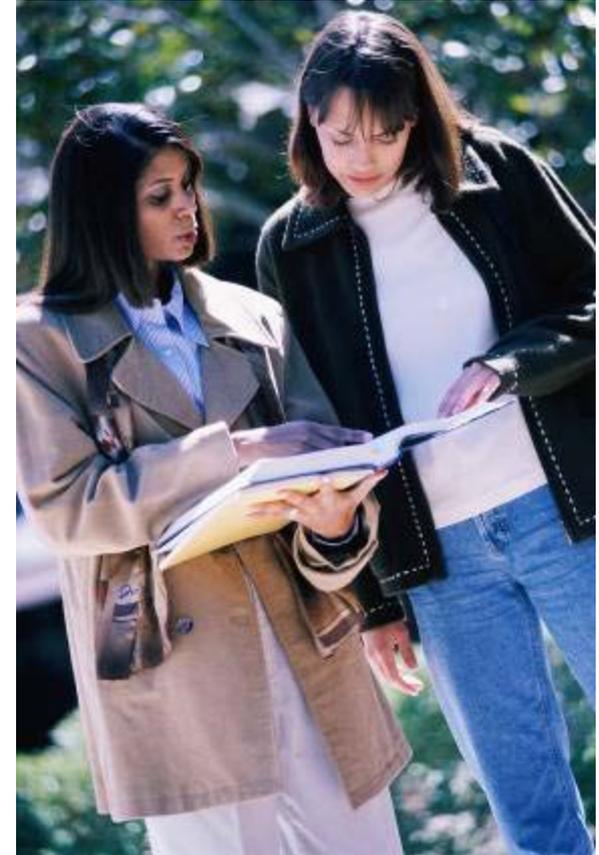
Encourage Physical Activity

- Expose children to a variety of physical activities
- Be positive about the physical activities in which your child decides to participate
- Encourage children to talk about their experience with physical activity
- Help your child get to and from practices and events
- Give your child toys that promote physical activity
- Encourage children to play outside instead of watching television or playing video games
- Make special events physical activity events
- Encourage your child to join a team or try a new physical activity with a friend.



Partner With Your Child's School

- Learn about what physical activities are offered at your child's school
- Talk to the principal or write a letter to the district superintendent if you think that there should be more physical education at your child's school
- Encourage the school to implement a comprehensive physical activity program
- Become a member of the school health advisory board
- Help organize special events like walk-a-thons, dance-a-thons or bike-a-thons
- Volunteer to help with afterschool sports teams



Youth Physical Activity

The Role of Communities



How Communities Can Promote the Youth Physical Activity Guidelines

- Community-wide campaigns
- Enhance access to places to be physically active
- Involve multiple sectors of the community



Community-Wide Campaigns

- Include physical activity messages with activities
 - Health fairs
 - Walk/run events
 - Physical activity counseling
- Distribute messages through television, newspapers, radio, and other media
 - Encourage local media to feature stories about young people who have made physical activity a priority



Lexington, Kentucky, and the *VERB*[™] Campaign

- Social marketing campaign promoted physical activity among “tweens” (youth aged 9–13 years)
- Coalition of local health, education and community based agencies adapted the CDC’s *VERB*[™] campaign for their community



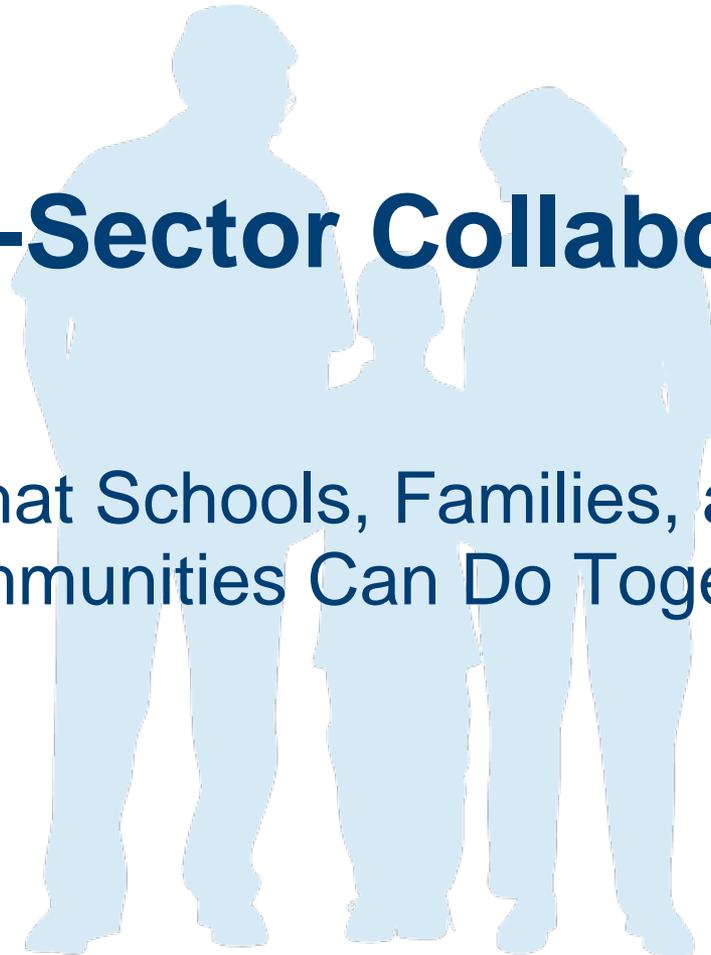
Improving Access to Places and Programs To Be Physically Active

- Implement “complete streets” policies
- Identify safe routes for walking and bicycling
- Build new places for physical activity or turn an abandoned or vacant lot into a park, multipurpose court, or playground
- Provide access to school gymnasiums, recreation fields, and playgrounds when school is not in session



Cross-Sector Collaboration

What Schools, Families, and
Communities Can Do Together



Cross-Sector Collaboration

- Parks and recreation departments—provide access
- Law enforcement agencies—promote safety
- Urban planners—design features
- Transportation agencies—promote use, safety, and access
- Architects—design and construction



Working Together: Community Involvement In School-Based Physical Activity

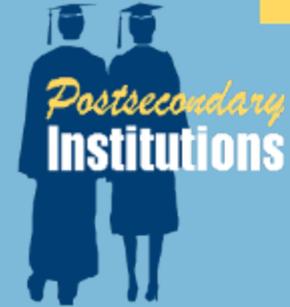
- Support school-based physical activity
 - Join the school health advisory council
 - Donate equipment or money or encourage staff to volunteer time
 - Support *Safe Routes to School* programs
 - Offer afterschool physical activity programs



Working Together: Joint-Use Agreements

- Share resources: athletic fields, playgrounds and fitness facilities with other community members
- Open school facilities to provide physical activity programs to students, families, school staff, and community members
- Seek funding from local businesses, community groups and health organizations for physical activity programs





YOUTH PHYSICAL ACTIVITY



Thank you! Questions?

Be Active and Play, 60 minutes, every day!

Information in this presentation is provided by
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Division of Adolescent and School Health
www.cdc.gov/HealthyYouth

