Compounding Effects of Physical Activity

More than 25% of youth are not active on a daily basis.

1 in 3 children are overweight or obese.

2 in 3 adults are overweight or obese.

Since 1980, the rate of obesity has doubled.

THE COMPOUNDING BENEFITS OF PHYSICAL ACTIVITY OVER A LIFETIME

- Kids of active parents 2x more likely to be active
- Increases life expectancy
- Smaller 9pt lower BMI
- Fitness associated with higher test scores
- Less likely to smoke, become pregnant, engage in risky sexual behavior, or use drugs
- $1,741/year in health costs
- 36% of children obese
- Lower stress associated with lower test scores
- Increased risk for diabetes, heart disease, cancer, stroke
- Preschoolers with active parents are 3x less likely to be active
- Physically inactive children 2x as likely to be obese in adulthood
- 5.3 million premature deaths due to inactivity

THE COMPOUNDING COSTS OF PHYSICAL INACTIVITY OVER A LIFETIME

ACTIVE KIDS DO BETTER
Better academic performance, Better behavior, Better health, Better lives.

EFFECTS OF PHYSICAL INACTIVITY
- Heart disease
- Diabetes
- Cancer
- Diminished bone health

Kids aged 8-18 spend more than 7 hours a day on average looking at TV, computer and mobile screens for entertainment.
Dear Family Member:

In the United States, 36 states have obesity rates of 25 percent or higher. In Pennsylvania, one in three adults is obese! While obesity is a very serious threat to health – cardiovascular disease, diabetes, musculoskeletal disorders and some cancers, it should not be our single biggest concern. It is not only the calories we consume that we should be worried about, we must be just as focused on our lack of physical activity!

Increasing desk-bound jobs, technology, and a sedentary lifestyle mean that we are getting much less exercise than we once did, despite gym memberships. The fact is that the issue starts in childhood. A recent study published in the International Journal of Obesity found that children's body mass index (BMI) has actually fallen from levels recorded in 1998. One would think, then, that today's children are more fit than those of the previous generation. In fact, their fitness has markedly fallen. Sadly, the researchers concluded that the least fit 10 year old in the class of 1998 would be among one of the fittest in a class today. We have been so worried about getting fat that we forgot to get fit!

Enter WalkWorks – a collaboration of the Pennsylvania Department of Health, the University of Pittsburgh Graduate School of Public Health and Delaware County Department of Intercommunity Health. WalkWorks is increasing opportunities for physical activity for YOU and your family in Lansdowne and Media Boroughs. Safe and accessible walking routes – well-marked and measured – have been developed for individuals of all ages and abilities. Join one of our walking groups or walk on your own at your convenience. Of course, you can always form your own group – parents with strollers, fathers and sons, or whatever works for you. Students, challenge your teachers! Siblings, challenge your siblings! Be as creative as you wish (or not!). Just get out there and start walking toward a healthier you!

Find out more at: www.pawalkworks.com

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