



A Snapshot of the Physical Activity Guidelines for Americans, 2nd Edition

Background

- ▶ HHS Secretary, Sylvia Matthews Burwell commissioned the update of the guidelines
- ▶ 17 physical activity experts met with HHS personnel over two years and created the new guidelines
 - ▶ They graded the research on the quality and consistency of the findings



- ▶ Theme(s):
 - ▶ Regular physical activity over months and years produces long term benefits



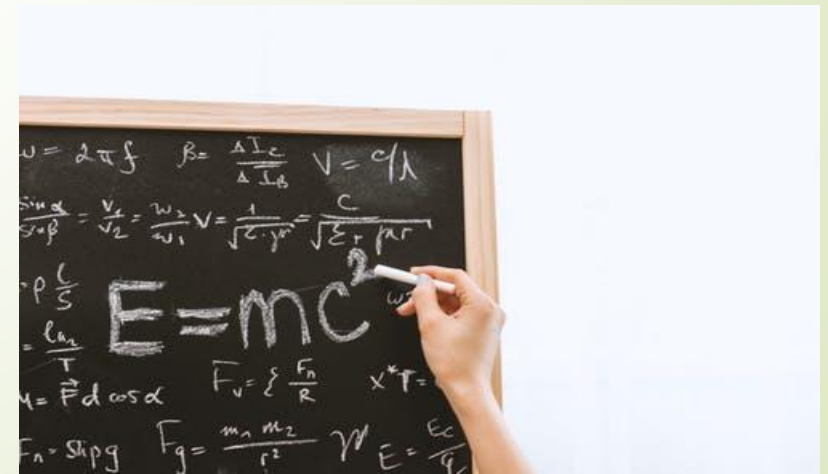
Why is Physical Inactivity and Issue?

- ▶ Children and adults spend 7.7 hours/day; 55% of time being inactive
- ▶ This has led to health problems such as:
 - ▶ Obesity
 - ▶ Making sports stadiums?
 - ▶ Diabetes
 - ▶ Rates are up
 - ▶ High blood pressure
- ▶ Regular physical activity is known to:
 - ▶ Improve insulin sensitivity
 - ▶ Helps with sleep
 - ▶ Decreases anxiety



Academic performance

- Physically active students tend to:
 - Earn better grades
 - Have more regular attendance
 - Perform better cognitively
 - Stay on task better, pay attention for longer time periods
 - Exhibit better classroom behavior
 - Better plan, organize and initiate tasks
 - Control emotions better
- More physical education associated with:
 - Better standardized test scores
 - Not a guarantee, but an association
 - Higher reading literature scores
 - Math fluency



How Much Physical Activity do Children and Adolescents Need?

- ▶ Ages 6-17 years need at least 60 minutes per day
 - ▶ Does not need to be in bouts that last at least 10 minutes (change from 2008).
 - ▶ Can get a part of it by walking or biking to school
 - ▶ Aerobic as well as strength
 - ▶ Aerobic:
 - ▶ Can help manage weight
 - ▶ Manage BP
 - ▶ Help control/prevent Type II diabetes
 - ▶ Can improve mood
 - ▶ Increase HDL cholesterol
 - ▶ Prevent certain cancers
 - ▶ Prevent heart disease





➤ Adults needs:

- 150 minutes of moderately intense or 75 minutes of intense PA
- Over at least three days
 - All activity counts:
 - Take the stairs
 - Park at the back of the parking lot
 - In general people do not need to consult with a health professional before beginning a physical activity regimen (change from 1986)

➤ Schools Policies/Practices:

- Provide professional development to school staff on the importance of PA and its connection with learning
- Provide an effective PE program, CCSD appears to have one!
- Recess for elementary students
- Classroom PA breaks
- Extra curricular activities
 - Running club

Schools (continued)

- ▶ Allow access to school facilities
 - ▶ Tennis & basketball courts at a minimum
 - ▶ Get rid of those fences and locks!!
- ▶ Support Active Transport to School! (Traci)
 - ▶ Safe Routes to School (SRTS)

▶ Remember:

- ▶ All PA is good
- ▶ The human body is designed to be active, modern life has made it possible to do almost no activity
 - ▶ We should create policies and provide opportunities for people to be active



- ▶ A smaller % of elementary children walk to school now than in the 1960's
 - ▶ Two studies at CCSD schools - ___%