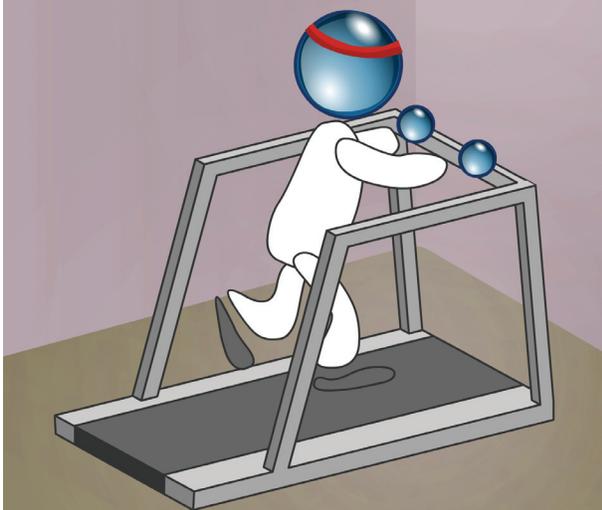




Are American Youth Moving Less?

Reading, writing, and arithmetic are some of the things you learn in school. What are some more? Did you know that Physical Education class or PE is a subject too? PE is where you develop skills on how to be more active, and being active is good for you.

Research shows regular physical activity has enormous health benefits. These include the prevention of diseases like heart disease and



diabetes, high blood pressure and colon cancer. You may not be too worried about these things just yet. Maybe you do worry about taking tests, though. Exercise helps here too. It helps you think more clearly and feel better all over.

While physical activity is good for you, many schools don't offer PE. For example, high schools

with PE dropped from 42 percent in 1991 to 32 percent in 2001. The trend is definitely going down!

For good health, children and teens need to be active for **60 minutes** on most days of the week, if not every day. This should be at "moderate intensity". This means doing things that make your heart work a little harder. Brisk walking, swimming, bike riding, playing touch football, even some chores like raking leaves and shoveling snow are good examples. Are you moderately active for at least an hour every day? If so, then you are on the right track.

School is a place where you can get some of your daily 60 minutes! One place to be active is during PE. In PE you can learn new skills and activities that help you be more active now and for the rest of your life. Think about this:

- Does your school offer PE? How often?
- If your school offers PE, do you move a lot? Stand around a lot? or sit a lot? If you don't keep on the move, what are some ways PE class can be more active?
- If you don't have a PE class, what can be done in your school to get everyone moving
- What else could you and your classmates do before or after classes to be more active?

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