

Did You Know?

1 in 7 young people are obese
and 1 in 3 are overweight

Obesity rates have doubled in
children and tripled in adolescents
over the past 20 years

25% of children ages 5 to 10 have
high cholesterol, high blood pressure
or early warning signs of heart
disease

Of children aged 5 to 10 who are
overweight, 61% have one or more
cardiovascular disease factors and
27% have two or more

Children spend an average of 17
hours per week watching television.
This is in addition to the time spent
on video and computer games.

Three Village Central School District Physical Education

Goals

To produce physically fit youth

To teach the relationship between
physical activity, physical fitness and
health

To promote the skills, knowledge
and attitude to help children lead active,
healthy and productive lives as
adults.

***“Physical Education is the
only subject which by the
very nature of its content
has the potential to affect
how a person will feel every
moment of everyday for the
rest of his or her life”***



Tips for Family Fitness



**Three Village
Central
School District
*Elementary
Physical Education
Department***

Department of Health,
Physical Education, Recreation
and Athletics
730-4980

Shape Up

The National Association for Sports and Physical Education (NASPE) invites you to experience the joys of being physically active with your family.

A commitment to daily exercise, physical fitness and a healthy diet is an investment in your family's health.

Make an effort each day to enjoy an activity that is fun and will encourage you and your children to enjoy physical fitness as part of your normal routine.

Children learn by example... if you enjoy and participate regularly in physical activity, so will your children.

Schedule a regular time throughout the week for physical activity.

Take turns selecting an activity for the family to do as a group each week.

Tips for Fitness

Buy toys or equipment that promote physical activity.

Select fitness related gifts.

Designate indoor and outdoor areas for play where rolling, climbing, jumping and tumbling are allowed.

Select fitness oriented gifts.

Use physical activity rather than food as a reward.

Walk, jog or run instead of driving.

Make chores a chance to be active, ie. raking leaves

Park the car as far away from the entrance as possible.

Find free and low cost physical activity areas near your home, ie. parks, biking trail, tennis courts, pools.

Spend as much time outside as possible.

Emphasize the importance of having fun and learning, not "winning."

Include grandparents, other relatives and friends whenever possible.

Limit time spent watching television, on the computer and playing video games.

Walk, jog or run instead of driving.

Fitness Ideas

Walking

Jump Rope

Canoe or kayak

Chop wood

Dance

Bowling

Take a martial arts class

Group games with friends.

Inline skating

Ice skate

Video exercise routines

Water Polo

Volleyball

Frisbee

Shovel snow

