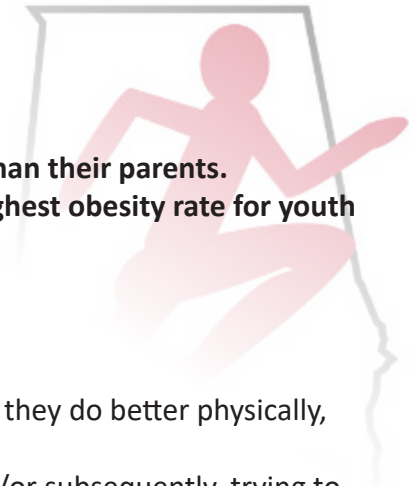


Alabama on the Move

Today's children may be the first generation to have a shorter life expectancy than their parents. Alabama has the fifth highest adult obesity rate in the nation, and the ninth highest obesity rate for youth ages 10 to 17. *Let's Change That.*



Active Kids Learn Better



- When youth get more time for health, physical education and movement they do better physically, mentally, and emotionally.
- Physical activity policy should prioritize quality while, simultaneously and/or subsequently, trying to increase the amount of time children spend moving.

60 Minutes or More a Day Where Kids Live, Learn and Play



- The Physical Activity Guidelines for Americans recommend that children and youth ages 6 to 17 years participate in at least 60 minutes (1 hour) of physical activity every day of the week.
- Policies that require physical activity in the school day delivered through quality physical education and supportive school environments can help youth achieve the recommended 60 minutes per day and build skills for lifelong physical activity participation.
- Programs like the Alabama Champions for Healthy, Active Schools provide a way to meet physical activity goals before, during and after the school day.

Ready, Willing and Unfit to Serve



- 75% of Americans aged 17 to 24 are currently unable to enlist in the United States military with 27% due to being overweight.
- The most common barriers for potential recruits are failure to graduate high school, a criminal record, and physical fitness including obesity.
- Unless we see significant change in physical activity and nutrition in America our national security will be affected.

We All Deserve to Move



- All children – from all disability, racial, ethnic, and socioeconomic groups, through all grades, and in urban and rural settings – benefit from regular physical activity and good nutrition.
- Obesity rates for children with disability are 38 percent higher than for children without disability.
- 31% of adults in Alabama have some type of disability and account for \$6.2 billion in healthcare expenditures per year in Alabama.
- Evidence shows that regular physical activity provides important health benefits for people with disability and reduces chronic disease. Inclusive school wellness policies help set children up for a healthy future by cultivating healthy eating and physical activity habits.

By addressing the quality, quantity and intensity of physical education and health in Alabama—the educational as well as the activity component—policymakers will maximize children's potential for a lifetime of physical activity, health and wellness.

www.asapherd.org



Endorsed by the Governor's Commission on Physical Fitness

Sources: Mission Readiness: Council for a Strong America / CDC Disability and Health / Voices for Healthy Kids Action Center / The State of Obesity in Alabama