

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”



Facts on Children's Fitness and Nutrition

Warmer weather is on its way! I love how the Lord gives us the privilege of seeing new life after a long, hard winter. If you have not already begun to develop good fitness and nutrition for your family, now is a great time to start! Small changes in diet and exercise at an early age can reap large benefits for many years to come. God has given us amazing bodies and we should do all we can to take care of them. Here are some facts and statistics from the President's Council on Fitness, Sports & Nutrition at www.fitness.gov about children's physical activity and nutrition:

- ❖ Only one in three children is physically active every day.
- ❖ More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.
- ❖ Children now spend more than seven and a half hours a day in front of a screen (e.g. TV, videogames, computer).
- ❖ 28% of Americans, or 80.2 million people aged six and older are physically inactive. Nearly one-third of high school students play video or computer games for 3 or more hours on an average school day.
- ❖ Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat.
- ❖ Americans eat less than the recommended amounts of vegetables, fruits, whole-grains, dairy products, and oils.
- ❖ Since the 1970s, the number of fast food restaurants has more than doubled.
- ❖ Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2-18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

Let's work hard to get out and enjoy God's creation by being physically active and refuel our bodies with fruits, vegetables, and other real foods that are healthy for us! 😊

Mrs. Michaellynn Hughes
2014-2015 Fitness Coordinator

