THE COMPOUNDING BENEFITS OF PHYSICAL ACTIVITY OVER A LIFETIME

- Smaller gains in BMI
- Fitness associated with higher test scores
- Less likely to smoke, become pregnant, engage in risky sexual behavior, or use drugs
- Saves up to $2,741/year in health costs
- Reduces risk of heart disease, stroke, cancer, diabetes
- Increases life expectancy
- Kids of active parents 2x more likely to be active
- Physically inactive children 2x as likely to be obese in adulthood
- Preschoolers with inactive parents are less likely to be active

THE COMPOUNDING COSTS OF PHYSICAL INACTIVITY OVER A LIFETIME

- More than 25% of youth are not active on a daily basis.
- 1 in 3 children are overweight or obese.
- 2 in 3 adults are overweight or obese.
- Since 1990, the rate of obesity has doubled.
- 30% of children obese
- Lower fitness associated with lower test scores
- $2,741/year higher health costs
- Increased risk for diabetes, heart disease, cancer, stroke
- 5.3 million premature deaths/year due to inactivity

EFFECTS OF PHYSICAL INACTIVITY

- Heart disease
- Diabetes
- Cancer
- Diminished bone health

ACTIVE KIDS DO BETTER

- Better academic performance
- Better behavior
- Better health
- Better lives

Kids aged 8-18 spend more than 7 hours a day on average looking at TV, computer and mobile screens for entertainment.