

Compounding Effects of Physical Activity



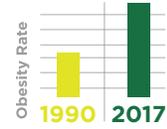
More than 25% of youth are not active on a daily basis.



1 in 3 children are overweight or obese.

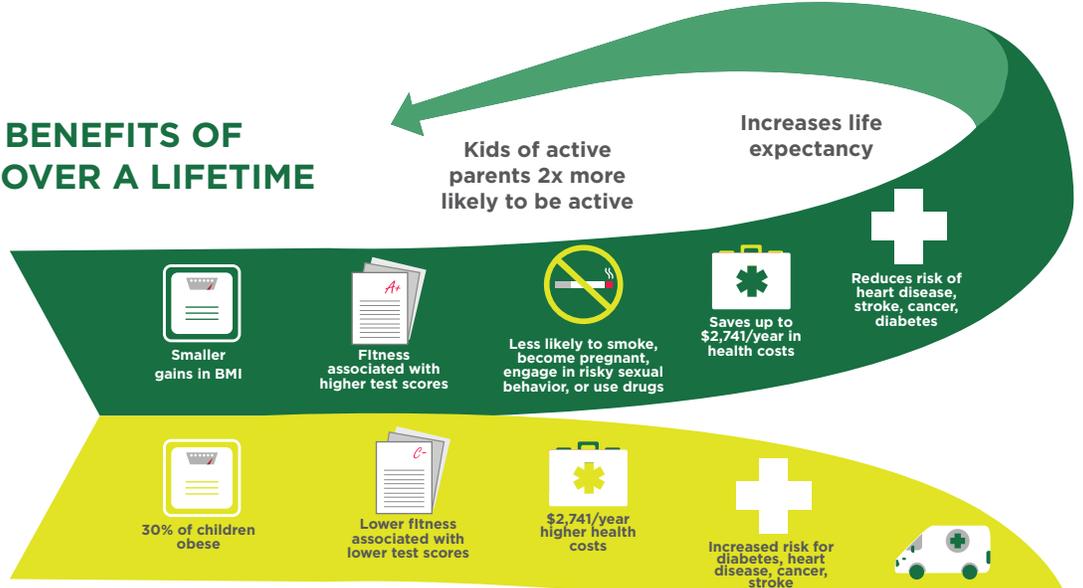


2 in 3 adults are overweight or obese.

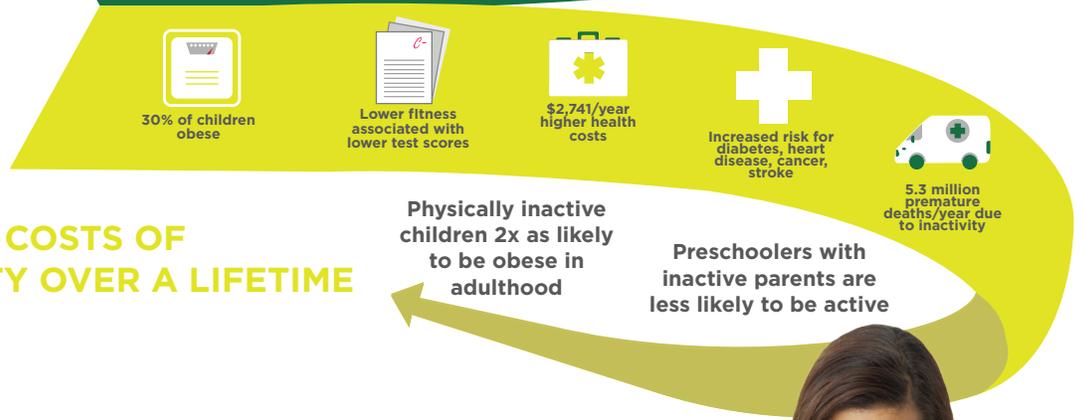


Since 1990, the rate of obesity has doubled.

THE COMPOUNDING BENEFITS OF PHYSICAL ACTIVITY OVER A LIFETIME



THE COMPOUNDING COSTS OF PHYSICAL INACTIVITY OVER A LIFETIME



ACTIVE KIDS DO BETTER

Better academic performance. Better behavior. Better health. Better lives.

EFFECTS OF PHYSICAL INACTIVITY

- Heart disease
- Diabetes
- Cancer
- Diminished bone health

