

## **New Physical Activity Requirements**

### **New Recommendations**

America needs to make changes to ensure all school-age children get 60 minutes or more of moderate to vigorous physical activity every day, concluded a 13-member panel of health leaders in the June issue of *The Journal of Pediatrics*. National Association for Sport and Physical Education (NASPE) members who served as expert panel members and co-authored the article were panel co-chair Bob Malina, Bernard Gutin, Jim Pivarnik, and Stewart Trost.

According to the recently released article, "Evidence Based Physical Activity for School-Age Youth," the panel reviewed more than 850 articles and 1,200 abstracts to develop the recommendation that "school-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable and involves a variety of activities." The panelists said much of the needed activity could be achieved at school with appropriate physical education, recess, intramural sport and before- and after-school programs. "Both physical education and recess afford opportunities to achieve the daily physical activity goal without any evidence of compromising academic performance."

The Divisions of Nutrition and Physical Activity and Adolescent and School Health of the U.S. Centers for Disease Control and Prevention, which recommends daily quality physical education from kindergarten through grade 12, convened the panel. NASPE was one of only four national professional associations invited to participate in the January 2004 expert panel meeting. In 1998 and again in 2004, NASPE published national guidelines calling for 60 minutes, and up to several hours of physical activity per day for children. Lead authors of NASPE's *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12*, were Drs. Charles B. Corbin and Robert P. Pangrazi of Arizona State University.

### **New Postings**

Also under "NASPE Hot News," you will find several new postings for you to use in your advocacy efforts. There are three new Tip Sheets that give ideas for getting kids active from CDC and NASPE; and the PDF file of a new brochure called "A Guide to Children's Diet and Nutrition for Parents" which was developed by the American Academy of Family Physicians and the National Confectioners Association, and reviewed by NASPE. The brochure has a focus on how parents can speak to their children about a healthy lifestyle that include balance in nutrition and physical activity.

The National Association of State Boards of Education recently published an article in its journal written by NASPE Executive Director Charlene Burgeson regarding the need for increased quality physical education in our nation's schools. The article highlights many of the reasons physical education is important to today's society and can be used for talking points and as a leave-behind when meeting with state or local lawmakers to advocate for physical education.

<http://www.aahperd.org/naspe/template.cfm?template=advocacyTips.html>