



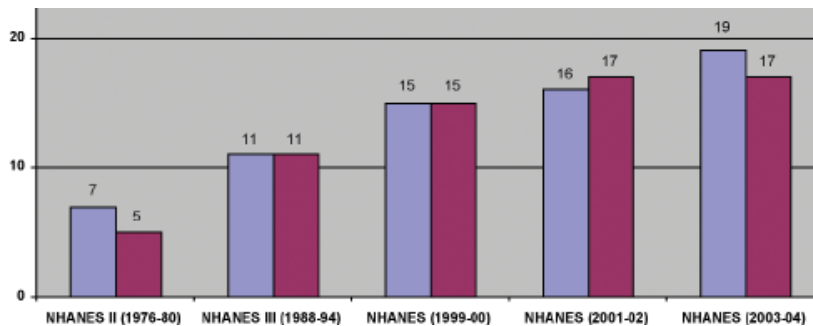
Birmingham Public Schools Physical Education Newsletter



BIRMINGHAM PUBLIC SCHOOLS FITNESS CHALLENGE

Every citizen of Birmingham deserves to reap the benefits of being active and fit! Birmingham's physical education program is committed to helping each student meet national standards in this academic school year, but your children cannot become and stay fit without your help at home! We will report their progress through our semester student reports and periodic newsletters. Please do your part by becoming familiar with the standards and engage in regular activities with your children!

Changes in Overfatness Among America's Youth



The chart above shows the increase in fat levels among America's youth from 1976 to 2004. The blue columns depict the percent of students ages 6-11 who are over fat, and the red depicts students who are ages 12-19. Your physical education program is working to fight national trends for a more fit community.

Latest Report on Obesity: Michigan is Growing!

The annual report on national obesity by Trust for America's Health states that obesity rose in 31 states last year with no state showing a decrease in waistline. .

Michigan's adult population is tied for the ninth fattest state in the nation. According to the report, 26.8% of Michigan's adult population and 14.5% Michigan's children, ages 10-17of have a Body Mass Index of 30 or more. The percent of adults in Michigan who are obese increased from the previous year.

A public opinion poll featured in the report finds that 85% of Americans see Obesity as an epidemic. The poll also reports that

You can access the report at www.healthyamericans.org

How Many Calories Will a Specific Activity Burn?

Which burns more calories on average, gardening or golf? How about soccer or half-court basketball? The website below will provide estimates of calories burned for many common activities. List the activities and amount of time you engage in over five days and calculate how many calories you actually burn a day. You may be surprised!

http://www.cancer.org/docroot/PED/content/PED_6_1x_Exercise_Counts.asp?sitearea=&level=

Teacher's Corner!

Providing students with the knowledge, skills and attitudes necessary to reap the benefits of an active lifestyle is no easy task. We will continue to teach students what they need to be physically active, and report their progress, especially with regards to their fitness levels throughout the year. We also acknowledge the role that families play in health and physical activity. What we teach is valuable only to the degree that it is applied in their lives outside school. Please watch for the quarterly newsletters and any activity incentives that are sent home through the year. Join us in our concern for active lifestyles. Our hope is that we can work with families to create healthy, fit communities.