

## **Additional Information about Physical Fitness**

The following information can be used or adapted to meet the needs of higher level classes:

### **Amount of calories a child can burn in one hour of activity:**

Aerobics (low impact): 185  
Aerobics (high impact): 235  
Basketball: 269  
Biking (moderate): 269  
Frisbee: 101  
Gymnastics: 134  
Hiking: 202  
Martial Arts: 336  
Inline skating: 235  
Running (moderate): 302  
Swimming: 202  
Tennis: 235  
Walking: 151

Source: The Province, April 22, 2007

### **Physical activity helps you to:**

Stay flexible  
Reach a healthy weight  
Have good posture and balance  
Improve fitness  
Meet new friends  
Make the heart strong  
Increase physical self-esteem

For further statistics that may be adapted to your class level please visit:

[www.paguide.com](http://www.paguide.com)

## Sedentary Lifestyle Makes Children Fat

Children are much less active today than 30 years ago. According to a recent survey, only 18% of B.C. youth get exercise every day. "The biggest reason for this drop in activity is the amount of time children spend in front of a computer or TV screen," says Dr. Tom Warshawski of Kelowna General Hospital.

Canadian kids watch an average of 14.2 hours of television a week and that does not include time in front of a computer screen or video games. Watching TV is also connected to obesity. Children who watch over 2 hours of TV every day are twice as likely to be obese.

A recent study from the University of New Brunswick showed an alarming rise in child and youth obesity. The number of overweight and obese children has increased sharply since 1981. The biggest concern with obesity in children is that overweight children often become overweight adults. They face an increased risk of diabetes, heart disease and other diseases.

It can be difficult to get kids off the couch and to become more active. Parents can set a positive example by leading an active lifestyle themselves. This can include making weekend plans to go hiking or biking together, or doing chores like washing the car, walking the dog or mowing the lawn.

### Questions:

1. *Sedentary* means:  
a) fat                      b) active                      c) not active
2. *Obese* means:  
a) very fat                      b) healthy                      d) thin
3. *Chores* (last paragraph) means:  
a) exercise                      b) small jobs around the house                      c) games
4. Why are children less active today than they were 30 years ago?
5. What is the biggest concern with children who are overweight?

Sources: The Province, April 22, 2007; Report from the Canadian Medical Association Journal, November 2000, accessed on the Public Health Agency of Canada website:  
[www.paguide.com](http://www.paguide.com)