



COMBATING CHILDHOOD OBESITY WITH SPORTS

60 minutes of physical activity each day also helps reduce the risk of diabetes, cardiovascular disease and colon cancer.

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Nearly 20 percent of children ages 6-12 in the United States are inactive, meaning they do not participate in any of the 100 sports or activities recognized by the Physical Activity Council.

As a result, about 17 percent of U.S. children and teens – more than 12 million – are obese.

Regular physical activity in children and teens:

- Improves strength and endurance
- Builds healthy bones and muscles
- Helps control weight
- Reduces anxiety and stress
- Increases self-esteem
- May improve blood pressure and cholesterol levels

Playing sports has shown to help improve students' academic performance, including:

- Academic achievement and grades
- Time management
- Concentration and attentiveness in the classroom

PRO TIP: To combat what the Center for Disease Control (CDC) calls a “health epidemic in young people,” the American Academy of Pediatrics (AAP) encourages all children and teens to be physically active and play sports, including football.