

## National Youth Sports Week

July 11th-17th

Keeping The Youth Active



Making the best of your summer !  
BY YOUR LOCAL HEALTH DEPARTMENT

Did you know that more than 80% of youth do not engage in enough aerobic physical activity to meet the guidelines for youth.

Below are the following initiatives made in the United States regarding healthy lifestyles for youths.

### Healthy People 2020 Goal for Physical Activity

To improve health, fitness, and quality of life through daily physical activity.

### Healthy People 2020 Objectives related to policies for youth

Physical activity in childcare settings  
Behavioral interventions to reduce television viewing and computer usage  
Recess and physical education in the nations public and private elementary schools

For more information about National Youth Sports week contact your local rec center for any events today !

We encourage the youth to stay active in this wonderful weather. During the week of July 11 through the 17th participate in outdoor activities or sign up for a sport!

## Benefits of Physical Activity

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as:

- Heart disease
- Cancer
- Type 2 diabetes
- High blood pressure