

# NYHRC Kids Training Program

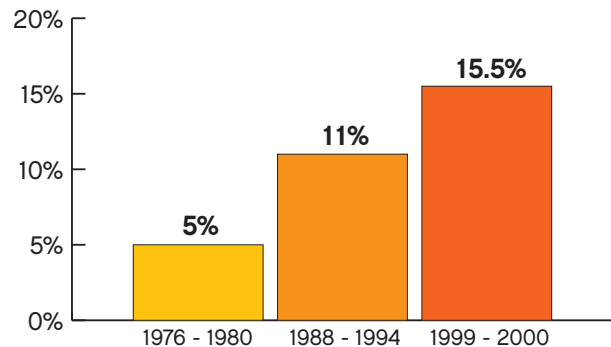
## Overview:

Childhood obesity is on the rise. Children are exercising less and less. Only 56% of high school students are enrolled in physical education classes and only 29% attend phys ed daily according to the CEC (1999).

About 15.5 percent of adolescents (ages 12 to 19) and 15.3 percent of children (ages 6 to 11) are obese. The increase in obesity among American youth over the past two decades is dramatic, as shown in the tables below.



Prevalence of Obese Children (Ages 6 to 11) at the 95th percentile of Body Mass Index (BMI)



Prevalence of Obese Adolescents (Ages 12 to 19) at the 95th percentile of Body Mass Index (BMI)

## Health Risks:

With the rise in childhood obesity, there has been an increase in children of type 2 diabetes, asthma and hypertension. All once considered adult conditions.

## What are the causes?

- Lack of daily exercise
- Sedentary behavior - High frequency of television viewing, computer usage, and similar behavior that takes up time that can be used for physical activity.
- Poor Eating Habits

## How can we help?

- Provide an exciting environment that will motivate children to have more active, healthier lifestyles.
- Understand that kids are impressionable!!
- You must be a positive role model to the child and foster a relationship with their parents (guardian).
- Always be respectful of the child's age and/or maturity level.
- Remember: Athletics build confidence and self esteem!

## Priorities of the Program:

- Safety
- Motivation
- **Fun!!**