



A CUP OF HEALTH WITH CDC

Keep Your Kids Moving

Physical Activity Levels Among High School Students — United States, 2010

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

If you think your child spends too much time playing video games or watching TV, you're probably right. A recent CDC study found that only about one in 10 high school-aged students gets enough exercise.

Dr. MinKyoung Song is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of teenagers getting enough exercise. Welcome to the show, MinKyoung.

[Dr. Song] Thank you. It's great to be here.

[Dr. Gaynes] MinKyoung, are teens these days less physically active than in the past?

[Dr. Song] Well Bob, as you said, currently only one in 10 high school students are getting enough physical activity. Unfortunately, this has not changed over the last 10 years.

[Dr. Gaynes] How much exercise does a teenager need to stay fit?

[Dr. Song] Teenagers should do at least one hour of physical activity a day, every day.

[Dr. Gaynes] What are the health benefits of regular physical activity?

[Dr. Song] Well Bob, regular physical activity has so many benefits for our kids' health. It makes our kids hearts stronger, makes muscles and bones stronger, and helps lower body fat. Also, physical activity helps our kids do better academically in school. On the other hand, a lack of physical activity can lead to numerous health problems later in their life, such as heart disease, high blood pressure, and diabetes.

[Dr. Gaynes] What are some activities that will help teenagers get fit and stay in shape?

[Dr. Song] To get an hour of physical activity every day, we recommend three types of activities they can enjoy and are available. First, aerobic activity, such as brisk walking, bicycle riding, or playing soccer. Second, muscle-strengthening activity, such as use of exercise bands or push-ups. Lastly, bone-strengthening activity, such as jumping rope, running, or gymnastics. Kids should participate in mostly aerobic activity, but they also

should engage in at least three days each week of muscle-strengthening and bone-strengthening activities. Most of all, an hour a day, every day, is more important than any specific type of activities they do.

[Dr. Gaynes] What can we do to help teenagers get enough physical activity?

[Dr. Song] In addition to encouraging kids themselves, we want to think about whether there are changes we can make in our communities and our environment to get kids to be more active. Parents can get involved by helping their communities provide sidewalks and parks, and by encouraging schools to enhance physical education classes.

[Dr. Gaynes] Where can listeners get more information about physical activity among teenagers?

[Dr. Song] We'd like to invite people to come to our website: www.cdc.gov/physicalactivity - physicalactivity is one word.

[Dr. Gaynes] Thanks, MinKyoung. I've been talking today with CDC's Dr. MinKyoung Song about the importance of teenagers getting enough exercise.

Remember: Teens need at least one hour of physical activity each day to stay physically fit. Parents – help your communities and schools provide opportunities for teens to be more physically active.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.