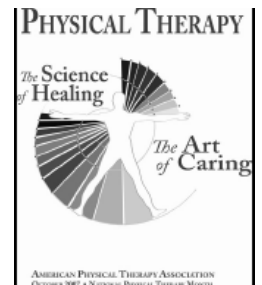




# LET'S ALL GET MOVING!



## Importance of Physical Activity

One out of every six children is obese. Childhood obesity is a public health problem of epidemic proportions. We're taking in more calories than we ever have and we're more sedentary than we've ever been. Children should be physically active 30 to 60 minutes every day to maintain a healthy lifestyle. Physically active children have fewer chronic health problems and have better self-esteem than kids who are sedentary.

People with disabilities are twice as likely to be physically inactive as people without disabilities. Maintaining a high level of fitness among persons with physical disabilities has even greater importance than in the general population. A loss in strength could erode a person's ability to care for themselves, work, recreate, or engage in community events. Certain disabilities can cause overuse, under use or misuse of some of the muscles of the body.

When everyone adopts a positive, supportive and dynamic attitude, a healthy environment is created, opportunities are taken, limits are removed, and potential is increased. Parents play a very strong role in setting goals and attitudes for each member of the family. As parents, you can set the rules; exercise should be the rule, not the exception.

Physical therapists and physical therapist assistants can positively influence an individual's overall health, wellness and fitness by providing services that positively impact physical fitness. Improving an individual's level of physical fitness can prevent, remediate, improve, maintain, slow the decline of or lower the risk of impairments, functional limitations and disabilities. Specific assessment of these problems can be addressed by a physical therapist.

