

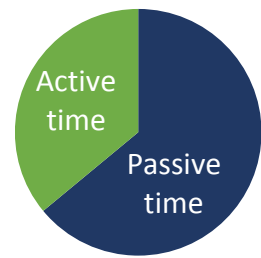
Get Out & Play an Hour a Day

Illinois youth are not meeting the daily physical activity recommendation.



6-17 year olds should participate in at least 60 minutes of physical activity per day¹

Only 60.7% of high school students attend daily PE class²



A typical 30 minute PE class only provides 11 minutes of physical activity³



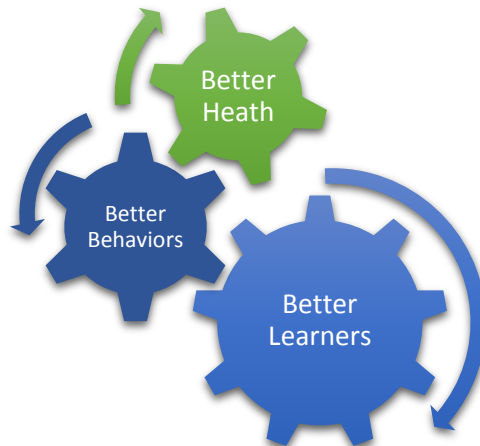
Only about 2.5 out of 10 Illinois youth meet daily physical activity recommendations⁴

Why It Matters



A quarter of Illinois youth are overweight or obese⁴

Increased physical activity provides individual and classroom benefits⁵



There are positive associations between physical fitness and standardized test scores⁵

What To Do



Reduce screen time including TV, computer games, and the internet

Encourage play at home, school, and in the community – keep it fun!



Talk to your school administrators about Pump Up PE and other school based physical activity programs

Encourage walking to school or start a walking group



¹Centers for Disease Control and Prevention - <https://www.cdc.gov/physicalactivity/basics/children/index.htm> - Accessed 12/4/17
²Centers for Disease Control and Prevention – Youth Risk Behavior Surveillance System 2015 – Accessed 12/4/17
³Illinois State Board of Education - <https://www.isbe.net/Pages/Enhanced-Physical-Education.aspx> - Accessed 12/4/17
⁴Centers for Disease Control and Prevention - <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/profiles/illinois.html> - Accessed 12/4/17
⁵Illinois Public Health Institute - http://iphonline.org/center-for-policy-and-partnerships/enhancing_pe_in_illinois/ - Accessed 12/4/17