

Family Fitness: The Way to Healthy Lifestyles That Includes Togetherness and Fun



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Is obesity really that prevalent?

- In 2003-2004, 17.1% of US children and adolescents were overweight and 32.2% of adults were obese. An increase in the prevalence of being overweight in female children and adolescents rose from 14.8% in 1999-2000 to 16.0% in 2003-2004 and increased in males from 14.0% to 18.2%.¹
- In 2003-2004, 28.5% of adults aged 20-39, 36.8% of adults 40-59 years, and 31.0% of those 60 year and older were obese.¹



What are the complications associated with poor health?

- **Cardiovascular disease** includes a number of conditions affecting the structures or function of the heart. For information on heart disease:

<http://www.webmd.com/heart-disease/guide/heart-disease-overview-facts>



- **Blood pressure** is the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis and the development of heart failure For more information on hypertension:

<http://www.webmd.com/hypertension-high-blood-pressure/guide/blood-pressure-basics>

- **Type 2 Diabetes:** People with type 2 diabetes produce insulin; however, the insulin their pancreas secretes is either not enough or the body is unable to recognize the insulin and use it properly. This is called insulin-resistance. When there isn't enough insulin or the insulin is not used as it should be, glucose (sugar) can't get into the body's cells. When glucose builds up in the blood instead of going into cells, the body's cells are not able to function properly. For more information on Type 2 Diabetes: <http://diabetes.webmd.com/guide/type-2-diabetes>

- **High levels of cholesterol** can cause health problems. Too much cholesterol leads to the build-up of plaque on the walls of the arteries, which supply blood to the heart and other organs. Plaque can narrow the arteries and block the blood flow to the heart, causing heart problems. For more information on high cholesterol: <http://www.webmd.com/cholesterol-management/guide/default.htm>

What are the benefits to exercise?

Fitness decreases risk for hypertension, Lipid disorders, Diabetes:

- High blood pressure decreases with fitness training²
- Fitness can lower one's heart rate and promotes the transport of glucose from blood to muscles, which helps decrease the risk of developing diabetes³⁻⁵
- Fitness enhances the "good" cholesterol- HDL^{6,5}

Fitness helps your lungs:

- Physical activity helps keep the lungs healthy and is a major part of pulmonary rehabilitation in someone with lung disease.⁷
- Even those with asthma, can achieve normal cardiopulmonary fitness and fitness training can reduce symptoms and medicine consumption.⁸⁻¹⁰

Fitness can help to relieve stress.

Fitness builds and maintains healthy bones, muscles and joints.

Remember: It is shown that children and adolescents should engage in one or more hours of physical activity daily, and specific exercise to target bone and strengthening performed 3 days per week. Adults should exercise at least 150 minutes per week of moderate-intensity and 75 minutes a week of vigorous-intensity.¹¹



What are the other benefits of fitness with my family?

There are several benefits to having a fit family including:

- Bonding
- Togetherness
- Growth
- Fun
- Energy to be successful in work and school
- Build's good body images

• **Remember:** If parents lead healthy lives and include fitness, their children will adopt the same habits.

What types of fitness can a family do together?

- Walking
- Biking
- Playing ball
- Getting a family league
- Local climbing gym
- Swimming
- Daily chores can be an activity for fitness
- Make special activities for each season

TIP: Instead of sitting at the table to do homework, take a walk with your child while practicing spelling words, multiplication tables or geography facts.

TIP: Daily chores can include:

- Walking to get the mail
- Pushing a wheelbarrow filled with weeds
- Carrying the groceries
- Wash the car
- Rake some leaves
- Work in the garden

TIP: Season activities can include:

- Winter: Go sledding, build a snowman, ice skate
- Spring: Play whiffle ball or fly a kite.
- Summer: Run through the sprinkler or jump rope.
- Fall: Play Frisbee golf or hike through a pumpkin patch



Where can I find resources on family fitness?



- **The National Association for Sport and Physical Education (NASPE)**
101 Tips for Family Fitness Fun- www.naspeinfo.org
- **American Volkssport Association**
The AVA's network of 350 walking clubs organizes more than 3000 walking events per year in all 50 states, as well as occasional bikes, skis and swims. The club, run almost completely by volunteers, has branches in cities across the United States and Europe. They schedule trail walk events where groups walk together in rural and urban areas, many at sites of historical interest or fun places like the local zoo.
<http://www.ava.org/>
- **Obesity Research Journal**
<http://www.nature.com/oby/index.html>
- **Center for Disease Control and Prevention**
<http://www.cdc.gov/nchs/>
- **American Physical Therapy Association: "Fit Teens"**
APTA's newly revised "mini-magazine" about fitness for young people between the ages of 11 and 16 shows kids the many benefits of physical fitness — from improved general health to better performance in sports and activities. Topics include using technology to help with fitness goals, tips to help prevent injury, bone health, and how kids who are overweight can get moving safely.
<http://www.apta.org/AM/Template.cfm?Section=Store&template=/ECommerce/ProductDisplay.cfm&ProductID=1192>
"Fit Kids": APTA's activity book for children gets the fitness message across in a fun way. Written for kids in grades 1 to 4, Fit Kids encourages children to learn through play - with games, puzzles, a coloring page, and even a comic strip to teach fitness, good posture, how to lift objects correctly, how to ride a bicycle safely, and how physical therapists help children who have physical disabilities. Adults are encouraged to participate with the child every step of the way with the help of "Adult Tips" and discussion points at the end of the booklet.
http://www.apta.org/AM/Template.cfm?Section=Consumer_Awareness&template=/ECommerce/ProductDisplay.cfm&ProductID=1180



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11. Guidelines Address Physical Activity for Individuals 6 Years and Older: A CME Course by Laure Barclay, MD. Obtained from: <http://www.medscap.com/viewarticle/581802>.

Pictures obtained from Goggle Images and the following web sites:

- <http://snikiddy.com/index.php/blog/categories/category/Family%20Fitness/>
- http://www.treehugger.com/files/2007/06/climate_change_body_weight.php
- <http://www.rockroadcycle.com/bikes.php>
- <http://staceycooperfitness.blogspot.com/2008/02/finding-time-for-family-fitness.html>
- <http://www.politicalbase.com/groups/american-physical-therapy-association/13648/>
- www.bighof.com
- <http://fraziergriffiths.com/kfinschools.htm>
- <http://a.abcnews.com/WN/story?id=4173679&page=1>