



Fitness Facts You Should Know!

The Need for increased physical activity (exercise) at all ages is becoming more evident. Here's what some of the experts say:

- ❖ One in three New Zealand Children is overweight. (Study completed by Dr Paul Hoffman and Dr Wayne Cutfield, Starship Hospital Auckland 2000)
- ❖ The rate of obesity amongst New Zealand children is now on a par with America, which rates as the worst in the world. (Dr Paul Hoffman and Wayne Cutfield, Starship Hospital Auckland 2000)
- ❖ Children are spending too much time watching television and playing computer games instead of getting the exercise they need for essential bone growth and development. Symptoms of inactivity include obesity and susceptibility to injury. (Otago University School of Medical Research 2000)
- ❖ The health and physical education curriculum is as important as numeracy and literacy. (Get Set For an Active New Zealand Report 2001- NZ Government Taskforce)
- ❖ New Zealanders need to get active - drastic action is imperative to beat the economic and health costs including deaths from coronary disease, colon cancer and diabetes, attributed to inactivity. (Get Set For an Active New Zealand Report 2001- NZ Government Taskforce)
- ❖ The benefits of leading an active lifestyle include: increased social life through active living, enhancement of some brain functions, early detection of disease, more rapid recovery from illness, better immune system function. (Get Set For an Active New Zealand Report 2001- NZ Government Taskforce)

The Stretch-n-Grow Solution:

- ❖ **Stretch-n-Grow** is a fitness programme for pre-school and early elementary aged children, which is taught to thousands of children across the United States, Canada, England, Ireland, Australia and New Zealand.
- ❖ Each **Stretch-n-Grow** class includes about thirty minutes of age appropriate exercise and movement, emphasising development of the large muscle groups, taught through music and original stories.
- ❖ Each **Stretch-n-Grow** class includes a discussion on a fitness-related issue, such as nutrition, safety and hygiene.
- ❖ **Stretch-n-Grow** coaches communicate with the parents through weekly handouts and distribution of related information.
- ❖ The goal of **Stretch-n-Grow** is to establish a foundation of healthy habits. Our aim is to get kids into the habit of exercising; so that exercise becomes as habitual as brushing their teeth.

©Stretch-n-Grow of NZ, 2001. All rights reserved.