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## Get Moving Facts

*healthy kids.....healthy futures*

### How much do kids need?

- Children and adolescents need 60 or more minutes of physical activity daily
- Can be split up into two 30 minute sessions, four 15 minute sessions, or six 10 minute sessions
- Children need both aerobic activities (skateboarding, jump rope, skipping) and muscle strengthening (gymnastics, jungle gym, tree climbing) activities



### What we know:

- **Only 10%** of adults with I/DD engage in physical activity at least three days a week
- **50%!!!** of adults with I/DD engage in NO exercise
- Today's youth are not meeting physical activity guidelines. **Only 42%** of children ages 6-11 engage in this amount, and only 8% or less adolescents 12 and over!



### How did we get here?

- Kids have less access to PE, recess, and recreation time in school
- Only 3.8% of elementary schools provide daily PE for all students
- Lack of affordable indoor physical activity options
- "Electronic Culture"— more time spent sitting, less time spent moving
- High costs of gym memberships, classes, sports league fees, and equipment
- One unpublished survey revealed that:
  - 33% of respondents did not feel they had access to fitness supplies for physical activities for students with I/DD
  - 50% of respondents reported that their school/district did not offer after school sports or active recreation for students with disabilities