

EXERCISE

GRADE 8 BENCHMARK

SUBJECT: Health

American youth are in worse physical shape than earlier generations, many fitness experts claim. According to the US Surgeon General, only about one-half of US children get regular exercise, and one-fourth don't take part in physical activity at all. As a result, obesity among children and adolescents has increased substantially since the 1960's. The conveniences of modern-life--notably television, video games and computers--get much of the blame for creating a nation of youthful couch potatoes. In addition, school officials often scale back or eliminate physical education programs when budget squeezes occur. Nonetheless, innovative physical educators are working to reverse the trend by acquainting kids with activities that interest them—and that can help them maintain fitness throughout life.

“Youth Fitness.” CQ Researcher. 26 Sept 1997. Congressional Quarterly Inc.

<b>Note Card 1</b>	<b>Paraphrasing</b>

<b>Note Card 2</b>	<b>Summarizing</b>

<b>Note Card 3</b>	<b>Quote</b>