

Kiwanis Lunch Presentation

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(Tuesday, January 14, 2003)



“Health, Fitness, and Quality Aging”

I. Kiwanis Purpose/Mission/Vision

A) To “improve quality of life for children and families”

B) What is “quality of life”?

C) Emerson “The first wealth is health”

D) HealthierUS Initiative

- **“A healthy America is a strong America”**

E) National Security Crisis

II. America’s Health: A Nation at Risk!

A) Two leading health concerns:

- Lack of Physical Activity (60% get too little & 25% get nothing)
- Overweight & Obesity (64% of US adults in 2000)
- Obese Adults (23% in 2000)

B) CDC calls obesity an “epidemic”

C) Obesity nearly doubled from 1980 to 1999.

D) Obesity and overweight costs \$117 billion annually.

E) Diabetes rose 70% in ages 30-39.

F) Overweight children% (ages 12-19) has tripled in last 20 years.

- 15% “overweight” in 2000.
- **Child obesity is child abuse!!!**

III. Plan of Action=Get Moving!

A) Basic Exercise Recommendations:

- 30 minutes of “quality” exercise 5-6 days per week
- Cardio, Strength, Flexibility
- “Functional Training” combines all three!

IV. Questions?, Handouts, Website References

V. Closure!

- **Get Fit. Be Strong.**

* www.ronjones.org “High-Performance Health” (1-14-03)