

The benefits of getting kids active in appropriate ways are clear, but it's also clear that we aren't doing enough to accomplish this for all kids. Here are some changes that need to be made:

KIDS NEED MORE ACCESS TO OPPORTUNITIES FOR PHYSICAL ACTIVITY AND GENERAL SKILL DEVELOPMENT BEGINNING AT A YOUNG AGE.

PHYSICAL ACTIVITY MUST BE PROMOTED IN SCHOOL TO REDUCE OBESITY RATES.

COACHES AND PARENTS MUST UNDERSTAND THE CONCEPT OF SPORTS READINESS.

KIDS NEED ACCESS TO A PE SPECIALIST IN ELEMENTARY SCHOOL.

KIDS NEED MORE MIDDLE SCHOOL-LEVEL IM SPORTS.