

Unit 1: A Healthy Foundation

Introduction

America on the Move, or AOM, aims to improve health and quality of life by promoting healthful eating and active living for individuals, families, communities, and society as a whole. Its slogan, "Steps to a Healthier Way of Life," reflects its belief that people can take control of their health through small, specific changes in their daily routines. You can learn more about this organization's various free programs, tools, and resources through its Web site.

Links to Explore:

America on the Move Foundation

<http://www.americaonthemove.org/>

Directions:

- Follow the link above to the America on the Move home page and click on "Individuals."
- Click on the links at the left of this page labeled "Tools for Success" and "The AOM Program." Read through these sections of the site as well.
- Lastly, click on "For Schools" and read about AOM's school-based programs. After examining all these parts of the site, answer the following questions:

1. What two specific steps does AOM recommend for avoiding weight gain?
2. How long does it take to complete the AOM challenge?
3. List three things you can do on the "My AOM" home page.
4. According to the site, what percentage of children are overweight?
5. What is the "energy balance"?

Answers:

1. Add 2,000 extra steps to your daily routine, and choose wise ways to eat 100 fewer calories each day.
2. 6 weeks
3. Any three: log your daily physical activity, plan menus, exchange support with friends online, keep track of your progress, get advice on healthy eating, find trails with an online map, share your stories, set goals, and print a certificate of accomplishment when you reach a goal.
4. 13 percent of 6-to-11-year-olds and 14 percent of adolescents
5. Energy balance refers to balancing the foods you eat with movement.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

YMCA of the USA

YMCA is a faith-based organization aimed at building healthy bodies, minds, and spirits. Its programs vary by community, ranging from swimming lessons and senior-citizen sports clubs to child care, teen leadership, and after-school programs.

<http://www.ymca.net/>

America Walks

America Walks is a national coalition of local groups that work to promote walkable communities. Its goals are to educate the public about the benefits of walking and to encourage citizens to advocate on behalf of pedestrians.

<http://www.americawalks.org/>

Action for Healthy Kids

Action for Healthy Kids works to bring about changes in schools to improve children's nutrition and increase physical activity.

<http://www.actionforhealthykids.org/>

PE4life

PE4life is a national advocacy group that promotes daily physical education programs for all children. Its goals include raising awareness about youth and physical inactivity, promoting high-quality PE programs, and increasing funding for quality physical education,

<http://www.pe4life.com/>

Shaping America's Youth

Shaping America's Youth (SAY) provides comprehensive, up-to-date information on efforts to increase physical activity and improve nutrition in our nation's youth. Its Web site offers a single location for the latest news, meetings and events, and other resources related to childhood obesity.

<http://www.shapingamericasyouth.org/>