



# RHODE ISLAND MIDDLE SCHOOL DATA 2015 PHYSICAL ACTIVITY



**4 in 9**

OF MIDDLE SCHOOL STUDENTS ARE  
**TRYING TO LOSE WEIGHT**

26% DESCRIBE THEMSELVES AS OVERWEIGHT

**7 IN 10**

OF MIDDLE SCHOOL STUDENTS ARE  
**WATCHING TV AND/OR GAMING**

FOR MORE THAN TWO HOURS ON SCHOOL DAYS

**7 IN 10**

OF MIDDLE SCHOOL STUDENTS **DO NOT GET**  
**60 MINUTES OF EXERCISE**

AT LEAST TWO DAYS A WEEK

## **STUDENTS:**

### **GET MOVING**

Try a new sport or exercise program.

### **TRY TO GET 10,000 STEPS EVERY DAY**

Get a phone app or FitBit® to help count your steps.

### **LOSE THE SCREEN**

In your free time, get up and move. Limit TV, gaming, and social media to two hours a day.

## **PARENTS:**

Help your child find activities they enjoy:

### **SPORTS OR EXERCISE PROGRAMS**

### **INCLUDE EXERCISE IN FAMILY ACTIVITIES**

Family walks are a great start.

### **SET LIMITS**

for TV, gaming, social media and texting.

