



Get Active!
Texas
Movement Promotes Healthy Bones

Dear Public Service Director,

When your mother admonished, "don't be a lazybones!" she knew what she was talking about. Orthopaedic surgeons agree with mom: every person should aim to get at least 30-60 minutes of physical activity daily. Research shows that the health benefits are significant, and the amount of exercise a person gets, beginning in childhood, affects your bones, muscles, joints, mental outlook, learning ability, behavior, weight, and may even affect the length of your life.

According to recent statistics, a startling 300 million people worldwide are obese, and a whopping 750 million are overweight. And the problem begins in childhood. Studies have shown that children are now only physically active for 20 minutes each day, far short of the one hour recommended, carrying implications for future disease risk. Researchers state that weight problems are caused by an imbalance of calories taken in and burned up. Indications are that children are eating 25 percent more than they did 25 years ago – but now spend 9-10 hours barely moving. Since the problem isn't one of greater intake, lack of activity may be the culprit.

The Texas Orthopaedic Association wants your audience to know that sedentary children may grow up to be stationary adults, which has serious implications for musculoskeletal health. One in two women and one in eight men has experienced the brittle-bone disease osteoporosis, while one in three people report arthritis or other chronic joint symptoms. Research indicates that moderate, regular weight-bearing exercise may reduce symptoms or prevent these conditions – and daily physical activity provides a healthy behavior model for our children and for adults.

One day, we may need a doctor's permission to remain sedentary. Don't wait! Share this humorous spot with your viewers, featuring the music of Leon Redbone's *Lazybones*, and know that Texas orthopaedic surgeons think we should **Get Active! Texas** - for better musculoskeletal health.

Sincerely,

John T. Gill, MD
President, Texas Orthopaedic Association

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TV PSAs

"LAZY BONES"
:60/:30/:15

BENEFITS OF PHYSICAL ACTIVITY

- Get at least 30-60 minutes of physical activity daily to maximize musculoskeletal health and control body weight.
- Developing healthy habits in childhood can influence behavior in adulthood.
- Healthy bone mass can prevent conditions such as osteoporosis later in life.
- Regular, moderate exercise can improve arthritis pain and mobility.
- Research shows physical activity strengthens the heart and lungs, lowers blood pressure, improves muscle strength and flexibility, reduces stress and depression, helps control weight and improves sleep.

TIPS TO GET FAMILIES MOVING

- Reinforce that exercise is fun!
- Avoid emphasis on winning.
- Model active behavior.
- Select active family activities such as a bike ride, a ball game or a long walk.
- Use physical activity as a reward, such as a family canoe trip or berry-picking outing.
- Make it part of the daily routine: simple chores such as raking leaves, painting or walking the dog are effective ways to increase activity.
- Schedule physical activities in 10-15 minutes blocks of time throughout the day.
- Designate indoor areas for physical activity.
- Modest behavior changes add up!



SINGER: Lazy Bones, loafin' through the day. Always seems to find the easy way.



Movin' like you're old and gray. Never heard a word I say.



ANNCR VO: All over America entire families are backsliding. We're no longer sedentary, we're stationary.



And that's bad news for your bones.



At any age, bones need weight bearing activity to grow strong and stay strong. So go outside, take the steps, play with the dog. Just get up, get out, get moving.



SINGER: Never keep your bones that way. Never heard a word I say.



(SFX: AUTOMATIC BALL THROWER)



ANNCR VO: A public service message from the American Academy of Orthopaedic Surgeons.

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