

America's kids are more inactive than ever Walking can make a healthy difference



Providing walking places that are safe and accessible for our children can do more than just prevent tragic injuries and deaths. According to Mark Fenton, editor of Boston-based *Walking Magazine*, if children walk regularly, it can also improve their health and set patterns that will carry them into adulthood. "These days, in the age of video games and VCR's, children are heavier and more inactive than ever," said Fenton, who is a member of the "Partnership for a Walkable America" -- a coalition of private, state and federal organizations united together with the common cause of increasing public awareness about the benefits of walking.

"We're essentially socializing kids to be inactive he said. "Kids naturally want to be active. They run around and squeal and make noise and what do we do when we start them in school? One of the first things we say is 'Sit down and don't stand up or wiggle unless you're called upon. Only run around during recess or gym.' Then in life, as they get older, we only ask them to move around less."

Young Pedestrians: A daily walk might help combat the rising incidence of childhood obesity in America.