



# California Association of County Treasurers and Tax Collectors

Annual June  
Conference  
2015

An Olympic Experience

**Magic – Magnitude -- Memories**

**Of The Olympic Games**

# “Dare to Dream & “Heros””



## US Olympic Family

**Magic – Magnitude -- Memories**

**Of The Olympic Games**

**The Excitement of Being Fit  
Your Personal Olympic Quest**

**Fitness for Healthy Living**

**Some Information to Consider**

# Do it now, Be there later



- “If I’d known I was going to live so long. I’d have taken better care of myself.”
  - -Leon Eldred

# Progress Review

## Physical Activity and Fitness in the U. S.

Department of Health & Human Services - President's Council on physical Fitness and sports  
1999 - 2013 Reports

**Only 6 states require physical education in every grade, K-12**

**Only one in three adults receive the recommended amount of physical activity each week**

- **78 million Adults and about 12.5 million children and adolescents are obese BMI 30>**

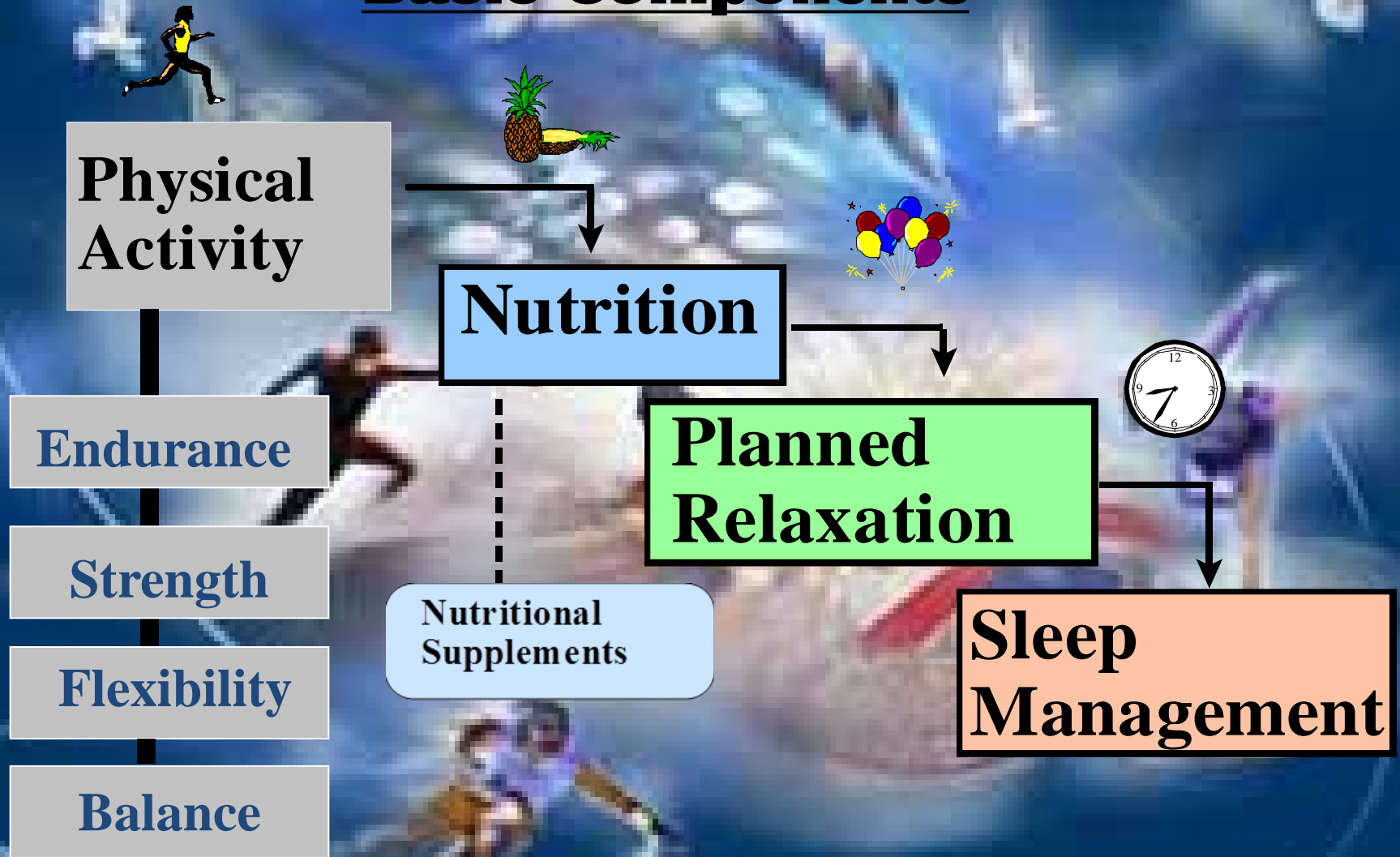
**And, by 2030 it is projected that half of all adults (115 million) will be obese**

- **Projections estimate that by 2018, obesity will cost the U.S. 344 Billion annually (21 % of our total healthcare costs. (190 billion today)**

**Lack of exercise , poor nutrition, tobacco use, and drinking too much alcohol – cause much of the illness and early death related to chronic diseases and other conditions.**

# FITNESS FOR HEALTHY LIVING

## Basic Components





# FITNESS CONTINUUM

Fitness Response

To develop & sustain various levels of fitness

Competition

High level of Fitness

120-130 min.

150 min. > per week

300 min. 5 hours per week

At or Above 5 hours per week

per week  
Moderate Aerobics -- Flexibility -- Strength

Moderate Aerobics -- Flexibility -- Strength Work

Moderate Aerobics -- Flexibility -- Strength work

week --**No Recovery--**  
Loss of Fitness or injury

Danger

**Injury or worse**

Light

Moderate

Moderate/hard

Intense

Intense Irregular

Level of Activity and Effort

**I**

**II**

**III**

**IV**

**V**

**VI**

**VII**

4/2015



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Endowing an Olympic  
Experience

For your Members and Associates

