



**NATIONAL
PHYSICAL FITNESS
AND SPORTS MONTH**

MAY

2023



History of National Physical Fitness and Sports Month

"As early as 1956, American leaders recognized the importance of fitness for the health and future of the nation. President Eisenhower set things in motion by creating the President's Council on Youth Fitness. In the early 1960s, President Kennedy renamed the council the President's Council on Physical Fitness. The idea behind the renaming was to include people of all ages, encouraging everyone to lead active lives. The advocacy month is chock-a-block each year with activities and resources that promote an active lifestyle. Stay active and eat healthily — that's the mantra for May " (National Today, 2023).



What is the Importance of Physical Fitness?

"It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type two diabetes and heart disease, and reduce your risk for some cancers. In other words, staying active is a crucial part of maintaining good health and wellness."

(National Today, 2023)