

## Children and Physical Activity *Public Policy Position*

The American Camp Association (ACA) believes that all children need to be provided with a broad range of opportunities to be physically active. Physical activity produces fundamental physical, psychological, and social benefits — including an increase in life expectancy and a decrease in the risk of cardiovascular disease and obesity. For more than 150 years, camp programs have sought ways to create healthy communities for children by providing environments that offer frequent and varied opportunities for physical activity. ACA supports and promotes active living in camp communities and other environments that offer access to developing healthy lifelong habits and skills. Furthermore, ACA advocates on behalf of and in cooperation with children and community partners to mobilize resources that educate and facilitate physical activity. (*Position taken 9/1/2011*).