

**A study showed kids are most physically active at age 6.** After that, they begin slowing down, and by age 19 they are as sedentary as 60-year-olds, according to the National Health and Nutrition Examination survey. The fact that physical activity rates begin tapering off so early surprised researchers, given that the adolescent years are when bodies are growing fastest and hormones are raging.

Theories advanced included the early start to school days, when kids' bodies want to be active but are sitting in classes, and the abundance of screen time that kids have today. Other research shows that 82 percent of 8- to 11-year-olds now have tablets and 59 percent have smartphones; among 5- to 7-year-olds, 77 percent have tablets and 10 percent have smartphones.

“Teenagers Are as Sedentary as 60-year-olds by Age 19,” *The Washington Post*, June 26, 2017.

8. Reynolds and Burke, “Forward Thinking.”