

## NATIONAL YOUTH SPORTS HEALTH & SAFETY INSTITUTE at the 2012 US OPEN

On September 1, 2012, Dr. Michael F. Bergeron, Executive Director of the **National Youth Sports Health & Safety Institute**, participated in an event at the US Open in recognition of National Childhood Obesity Awareness Month.

The United States Tennis Association, an NYSHSI partner, in collaboration with The Partnership for a Healthier America and the First Lady's *Let's Move!* Initiative hosted a press event and youth tennis exhibition to kick off National Childhood Obesity Month. After the press event, panelists participated in friendly doubles play with local tennis players!



Participants in the press event (below from left to right) were **Dr. Michael F. Bergeron, National Youth Sports Health & Safety Institute**; Christine Taylor, actress and comedian; Larry Soler, The Partnership for a Healthier America; Dara Torres, Five-time US Olympian & Gold Medalist; Bob Harper, fitness expert, star of *The Biggest Loser* & *NY Times* Best-Selling Author; Sam Kass, White House Assistant Chef & Senior Policy Advisor for Healthy Food Initiatives, and Cullen Jones two-time US Olympian & Gold Medalist.



A few members of the panel offered helpful tips on battling the obesity epidemic:

**Cullen Jones:** “Find ways to keep your kids healthy; be social; be active. Most importantly, have a good time.”

**Bob Harper:** “Every kid should get 60 minutes of physical activity a day. Inspire your kids to be active. Get them moving, work at it.”

**Sam Kass:** “According to Michelle Obama, obesity may be our great national security threat. The government spends \$110 million a year on the fight. It’s way of life that we have to teach our children, not a choice.”

**Dr. Michael Bergeron:** *“We are suffering an inactivity epidemic and need to make sports accessible, more inclusive. A more resilient athlete has diverse experiences – don’t specialize early.”*

**Dara Torres:** “Beginning September 1 through October 6, families can log on to [www.youthtennis.com](http://www.youthtennis.com), which will list thousands of events around the country where families can experience tennis.”



Dr. Michael Bergeron



Images from [www.usopen.org](http://www.usopen.org)

Article from [http://www.usopen.org/en\\_US/news/articles/2012-09-01/201209011346526940827.html](http://www.usopen.org/en_US/news/articles/2012-09-01/201209011346526940827.html)

Youth Panel Quotes from <http://www.theculturemom.com/kicking-childhood-obesity-tips-experts/>