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## **PHYSICAL ACTIVITY AND NUTRITION GO HAND IN HAND**

**December 5, 2007**– The American Society for Nutrition (ASN) has submitted recommendations to the Physical Activity Guidelines Advisory Committee, which is expected to issue comprehensive, scientific guidelines on physical activity for all Americans next year. According to the U.S. Department of Health & Human Services, the guidelines will summarize the latest knowledge about activity and health, with depth and flexibility targeting specific population subgroups, such as seniors and children. “The development of U.S. physical activity guidelines is a big step forward. Hopefully this effort can be integrated with development of dietary guidelines to help Americans achieve healthier lifestyles,” said James O. Hill, PhD, ASN Vice President and a member of the group that developed ASN’s comments.

ASN will present comments during the HHS public hearing on Friday which strongly recommend that the guidelines equally address physical activity and nutrition, as both play an integral role in achieving energy balance. A balance between caloric intake and total energy expenditure is needed to support normal growth and development. Children reap positive effects on growth and development from regular physical activity and older adults can build muscle tissue and reduce age-related muscle loss. In addition, moderate levels of physical activity can increase appetite, thereby influencing older adults to increase essential nutrient intake.

“The amount, intensity, and duration of physical activity should be considered within the context of the amount and composition of the diet,” said ASN President Joanne Lupton, PhD. Besides the benefits to muscles, bones, and the brain, regular physical activity and a judicious diet can aid in weight loss. “With the rising rate of obesity in the United States, it is important to note that high levels of physical activity are the best predictor of long-term success in maintaining weight loss,” added Hill.

*The American Society for Nutrition (ASN) is the preeminent professional organization for nutrition research scientists and clinicians around the world. ASN is dedicated to bringing together the top nutrition researchers, medical practitioners, policy makers and industry leaders to advance our knowledge and application of nutrition. Founded in 1928, ASN publishes The American Journal of Clinical Nutrition (AJCN) and the Journal of Nutrition (JN). Visit ASN online at [www.nutrition.org](http://www.nutrition.org).*

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