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ASN ANNOUNCES SUPPORT OF NEW PHYSICAL ACTIVITY GUIDELINES

October 7, 2008—The American Society for Nutrition (ASN) is pleased to announce its support of the 2008 [Physical Activity Guidelines for Americans](#), released today by the U.S. Department of Health & Human Services. The guidelines summarize the latest knowledge about activity and health, with attention to specific population subgroups, such as seniors, pregnant women, adults with disabilities, and children. ASN submitted recommendations to the advisory committee in December 2007.

“The development of U.S. physical activity guidelines is a positive step forward for the country,” said James O. Hill, PhD, ASN President and a member of the group that developed ASN’s comments. “We hope this effort can be integrated with the development of new dietary guidelines to help Americans achieve healthier lifestyles,” said Hill.

ASN believes that a balance between caloric intake and total energy expenditure is needed to support normal growth and development. The committee’s report recognized the role of energy intake in weight control and maintenance of weight loss. The amount and duration of physical activity must be considered together with the amount and composition of the diet when evaluating a healthy lifestyle, so that it’s not one step forward and two steps back in terms of being healthy.

*The American Society for Nutrition 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.*

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