



## Background

Obesity rates among children and adolescents have increased significantly in the past 20 years. Overweight children are more likely to become obese adults and, as a result, are at an increased risk of developing serious diseases. Although a poor diet is often cited as the culprit for the rise in childhood obesity, the key to prevention is achieving energy balance.

Short bouts of physical activity have been shown to have health benefits, as indicated in the 1996 report *Physical Activity and Health: A Report of the Surgeon General*.<sup>1</sup> The TAKE 10!<sup>®</sup> idea came from a conference titled "Childhood Obesity: Partnerships for Research and Prevention." The ILSI Research Foundation worked with education and health experts to develop TAKE 10! in 1999 to promote structured, 10-minute activities in the elementary classroom. With continual feedback from teachers and health and curriculum experts, four editions of TAKE 10! have been implemented and evaluated since 2000.

TAKE 10! is designed for use by elementary school teachers with children in kindergarten through 5th grades. Each grade-specific kit is divided by academic content area: language arts, math, science, social studies, and general health. TAKE 10! helps children understand the importance of fun, physical activity and other healthful behaviors, including nutrition, in both theory and practice, while reducing sedentary behavior, improving attention, and promoting structured physical activity breaks during the school day.

As of fall 2010, TAKE 10! has been disseminated to more than 55,000 elementary classrooms in the United States. International studies are also being conducted in Brazil (TIRE 10!), China (HAPPY 10!), and England (TAKE 10! UK).

### **Reference**

1. U.S. Department of Health and Human Services. *Physical Activity and Health: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion; 1996.

### **About the ILSI Research Foundation**

The ILSI Research Foundation was formed in 1984 to create a vehicle for the International Life Sciences Institute (ILSI) to support research. The Research Foundation helps ensure scientific credibility of all ILSI-sponsored activities by undertaking the responsibility to address critical issues affecting public health. It meets this obligation by convening expert panels, seminars, and workshops, through resourceful publications, through both basic and applied research awards, and through community intervention programs. This work is underpinned by broad-based fundraising in order to adequately guarantee a diversity of stakeholders in ILSI's mission and programs. The foundation's Physical Activity and Nutrition (PAN) program coordinates its health promotion and obesity-related programming.

## **About PAN**

Established in Atlanta in 1996 to promote healthful nutrition and physical activity behaviors in families, the PAN program has emerged as a leader in research and education concerning prevention and management of childhood obesity. PAN program staff members are most active in the area of technology transfer, moving science from the laboratory to practical application in communities to benefit the public. Working with partners around the globe, PAN investigates mechanisms to address energy balance, good nutrition, and physical activity within the various systems that serve children and families—schools, health care, and communities.

## **About ILSI**

The International Life Sciences Institute (ILSI) was founded in 1978 as a nonprofit research foundation dedicated to advancing scientific knowledge and understanding to improve public health. ILSI establishes partnerships among scientists from industry, academia, government, and public interest groups to advance the understanding of scientific issues relating to nutrition, food safety, toxicology, risk assessment, and the environment. ILSI receives financial support from industry, government, and foundations.

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