



UNIVERSITY OF MINNESOTA

TUCKER CENTER FOR RESEARCH ON GIRLS & WOMEN IN SPORT

presents

THE 2007 FALL DISTINGUISHED LECTURE

“Healthy Minds, Healthy Bodies: Barriers & Solutions to Girls’ Physical Activity Participation”

Tuesday, October 16, 7-9:00 PM
Hubert H. Humphrey Center, West Bank Campus



About the Lecture: Decades of research indicate that positive physical and psycho-social benefits are derived from participation in physical activity. Such benefits include a reduced risk of cardiovascular disease, obesity, and osteoporosis, as well as increased self-esteem, cognitive development, and quality peer relationships. Unfortunately, far too many girls do not receive these benefits because physical inactivity is significantly higher among females than males and because declines in physical activity are especially steep for adolescent girls. So why are girls less physically active at the exact moment when they have the most to gain physically, socially, and psychologically? This presentation addresses these issues in depth.

About the Distinguished Speaker: Professor **Maureen Weiss**, an internationally known scholar, educator, and public advocate, will examine patterns related to—and barriers preventing—girls’ full participation in sport and physical activity. The author of over 100 scholarly articles and co-editor of four books on youth sport, Dr. Weiss has served as President of three professional organizations and is a Fellow of the American Academy of Kinesiology and Physical Education. She has also received numerous professional awards, including the Honor Award for Exemplary Service and Leadership from the National Association for Girls and Women in Sport. Professor Weiss will offer research-based, practical solutions to the alarming trends associated with adolescent girls’ involvement—or lack of involvement—in physical activity.

FREE & Open to the Public! Parking available

FOR MORE INFORMATION, CALL THE TUCKER CENTER AT (612) 625-7327 OR VISIT www.tuckercenter.org