

"HEALTHY TURF. HEALTHY KIDS™" INFOGRAPHIC



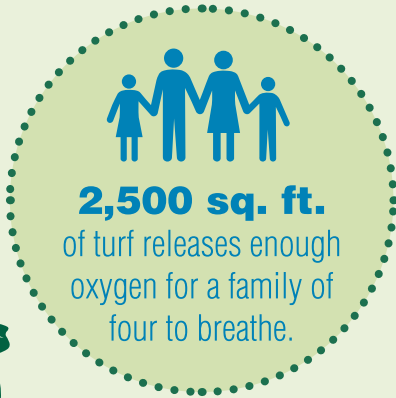
A child can burn up to **100 calories** in **one hour** of active play.



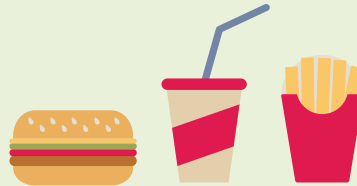
Lawns are **30 degrees** cooler than asphalt and **14 degrees** cooler than bare soil.



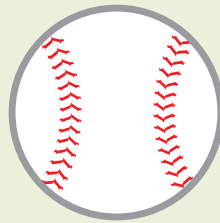
Green spaces are gathering places that create **close-knit communities**, **improve well-being** and **increase safety**.



2,500 sq. ft. of turf releases enough oxygen for a family of four to breathe.



Childhood obesity has **doubled** and adolescence obesity has **quadrupled** in the past 30 years.



2.4 million U.S. children played on Little League baseball and softball teams.



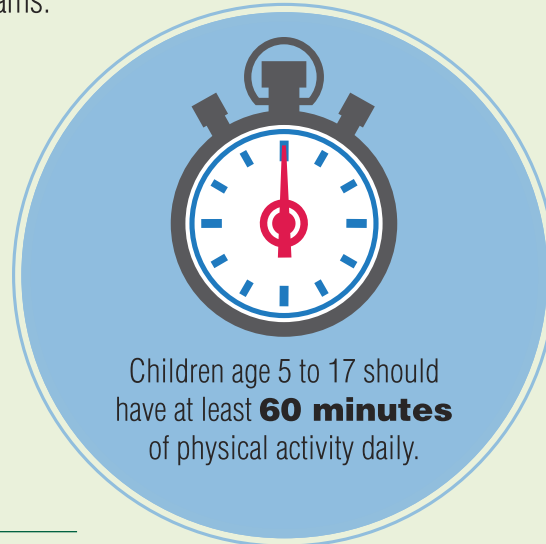
Physically active young people demonstrate **higher academic performance** at school.



The most visited park in the United States is **Central Park** in New York City.



Daily physical activity will help children develop **healthy bones, muscles and joints, heart and lungs**.



Children age 5 to 17 should have at least **60 minutes** of physical activity daily.

Key Contributors:

