

Get Active. Live Healthy.

Quotes

Quotes are a great way to add interest and insight to the various ways in which you will use the 'Get Active. Live Healthy.' information.

This quote from the Surgeon General really says it all.

Life is short. So is 30 minutes.

30 minutes of “moderate” physical activity a day. A brisk walk. A romp with the kids. A dance break. Hard to believe that so much fun can dramatically reduce your risk of serious disease and early death. Even if it’s done 10 minutes at a time. And considering that it decreases stress and increases your energy, you may not only live longer, you’ll probably enjoy it more.

Physical Activity...A little goes a long way.

~Surgeon General of the United States

Please find a few more quotes in a couple of related topic areas:

Health

Health is wealth.

~Ralph Waldo Emerson

You don't pay the price for good health. You enjoy its benefits.

~Author Unknown

Many of us think of health only as an absence of illness. It is much more than that. It is a state of being, which extends beyond just “feeling good” and enters the “plus” margin of physical, mental, and social well-being.

~Charles Brightbill, Park and Recreation Pioneer

He who enjoys good health is rich, though he knows it not.

~Italian proverb

The groundwork of all happiness is health.

~Leigh Hunt, British Poet, Essayist

Play

People do not cease to play because they grow old; people grow old because they cease to play.

~George Bernard Shaw

Play for grown people is recreation – the renewal of life. For children, it is growth, the gaining of life.

~Joseph Lee, the Father of the American Playground

What would we be without play? Play is fun, freedom, a way to socialize, our reward after hard work. When we play at something, we enjoy it for its own sake.

~Diane Ackerman, Ph.D.

Fun and Pleasure as part of Physical Activity and Exercise

Measurable, pleasurable benefits of exercise for mind and body can be close, easy, and even fun.

~Robert Ornstein, Ph.D. and David Sobel, M.D.

We run not because we think it is doing us good, but because we enjoy it and cannot help ourselves

~Roger Bannister, Four Minute Mile

Fun is FUNdamental to valuable life experiences. Fun attracts attention, sparks an interest, engages people, creates motivation, fuels repeated involvement and supports results. Fun is FUNdamental – Positive results for individuals and society.

~Ellen O'Sullivan, Ph.D.

You may not have the time to “exercise”, but if you build pleasant physical activities into your life now, you won't need to set aside additional time.

~Robert Ornstein, Ph.D. and David Sobel, M.D.

The right of children to play, to sing, and to dance; the right of youth to sport for sport's sake; the right of men and women to use leisure in the pursuit of happiness in their own way, are basic to our American heritage.

~Harry S. Truman

Recreation is no longer simply having fun. Rather, it involves the kind of America we have, and want to have, and the kind of people we are and are likely to become.

~ Laurence S. Rockefeller

Outdoor Recreation and Open Space

Adults for whom outdoor recreation was important to them as a child, indicate greater satisfaction with their lives as an adult

~Roper Starch Worldwide

The beauty around us strengthens our lives; we need to insure that each community always has the recreation, parks, and open spaces so essential to the American spirit.

~Presidents Commission on Americans Outdoors Report

We simply need that wild country available to us, even if we never do more than drive to its edge and look in. For it can be a means of measuring our sanity and ourselves as creatures, a part of the geography of hope.

~Wallace Stegner, writer and environmentalist

If we have parks to enjoy today, it is because someone long ago was foresighted and interested enough to have done something about it. If our grandchildren are to enjoy similar opportunities, we have to claim the mountains now – and keep them.

~Charles Brightbill

Sports

Sports for all means sports for all ages, all racial and ethnic groups, all ability levels, all genders, and all social strata.

~Andre Carvalho, United Nations Chief of Program Development

Play for fun, for exercise, and for competition. And try to keep them in that order.

~Dr. Harry C. Burrus

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Spectatorship

Watching 22 men in a football stadium take your exercise may be exciting enough, and listening to a great symphony orchestra may prove great pleasure. Yet to do nothing but “watch”, with outside forces always being the main stimulant for prodding our emotions, provides an imbalanced diet of leisure and we begin to wither on the vine.

~Charles Brightbill

Whenever the urge to exercise comes upon me, I lie down for a while and it passes.

~Robert Maynard Hutchins

Soon grandparents will be more fit than their grandchildren.

~Harvey Lauer, President of American Sports Data