

## Where do we go from here?

Modern society has conspired to reduce the amount of physical activity that we all do, yet our bodies still require it for health. The challenge in the 21st century will be to identify and implement strategies for insuring that our children engage in the physical activity that they require for development into fit and healthy adults. Effective promotion of physical activity in young people will require a broad-based adoption of policies and practices that change the social and physical components of the “physical activity environment” in which our children grow up. Many school-based intervention programs have been effective in promoting physical activity in young people, but this alone will be insufficient to increase physical activity of young people to those levels needed for health. Further knowledge is needed concerning the ways in which physical activity can be more effectively promoted in all environments including homes, schools and communities.

All adults, including schoolteachers, trainers, coaches, monitors, parents and health care professionals have a responsibility to promote physical activity for young people as fun, interesting and worthwhile. This will enhance the likelihood that today’s youngsters grow up to become active and healthy adults. Everyone within society is in a position to advocate for enhanced physical activity opportunities for children and adolescents. The health of the next generation demands that we work together to get Spain’s kids active!