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**Couch potato kids beware - state wants to get you moving!**

By Tom Michaels - Internet News Director @ November 18, 2009 3:45 PM [Permalink](#) | [Comments \(0\)](#)

COLUMBUS, Ohio -- Kids around the Miami Valley and the state could be working harder in school, and not on academics.

Ohio schools would become a key battleground in the fight against childhood obesity, under legislation introduced in both the state House and Senate.

A bipartisan bill offered yesterday would require schools to provide students with 30 minutes a day of moderate to rigorous physical activity, apart from recess. The measure also calls for more physical education for high school students, more nutritional food and drink options in schools, and regular body-mass index screenings for students every few years.

CEO Steve Allen of Nationwide Children's Hospital in Columbus says the legislation is needed because of what he describes as an "epidemic" of obesity in children. He says the number of overweight teenagers has tripled in the last 20 years.

(Information for this report from the Associated Press)

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